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'MISSION FIT'

Peers say Humboldt's health officer — new in town and under intense pressure — is exactly where she belongs

BY THADEUS GREENSON



Dr. Teresa Frankov
Humboldt County Health Officer

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Defining Times

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Dark fertile soils

and

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On the tree tops,

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In these times where

Endless blue skies cry
For something more...

— Kirk Gothier

On the Cover
Humboldt County Health Officer
Teresa Frankovich Submitted



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Feeding the Children

Food for People, schools partner to cover Humboldt

By Kimberly Wear
kim@northcoastjournal.com

Food insecurity is not a new issue in Humboldt County and many families face an increased strain during the summer months when their children no longer have access to school lunch programs, a situation that has only been compounded by the COVID-19 outbreak.

For more than two decades, Food for People has worked to bridge the summer gap by providing lunches to children from low-income households on weekdays when classes are not in session.

But facing a number of challenges in recent months, the nonprofit took the step of reaching out to the Humboldt County Office of Education and local school districts to make sure the lunch program would continue.

This year, several districts are beginning to offer their own programs to assist Food for People in making sure children across the region have access to healthy meals, with each varying in reach and operation.

“The ultimate goal in this, which kept me up at night, was how do we feed kids this summer?” Food for People Executive

Director Anne Holcomb said.

In March, a sewage backup inundated Food for People’s main building, causing more than \$100,000 in structural damage and food loss just as the COVID-19 pandemic shut many out of work and created a surge in the need for its services.

Holcomb said Food for People was forced to look for creative ways to make the lunch program work in the face of unique challenges, including physical distancing restrictions that limit the number of volunteers who can come together to make lunches. There’s also uncertainty about whether the USDA will continue to waive its rule that each child must be present to accept lunch and instead allow parents to do the pickup to reduce gatherings at distribution sites.

“This year required some new partners to make that happen,” Holcomb said.

Eureka City Schools, which has been helping provide summer meals since 2017, will not only be covering its district but also bringing lunches to Fortuna and Rio Dell, and opening some new sites.

Continued on next page »

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NCJ NEWS

Continued from previous page

“Eureka City Schools as a district has always taken food insecurities seriously but this year requires a more united effort to maximize access to meals for children in our community,” a release from the district states. “With the help of our amazing bus drivers and food service staff, administration, Food for People and our community partners, we will strive to reach the most children possible this summer.”

Arcata School District is coving its city and the McKinleyville Union School District is operating a weekly food distribution site at McKinleyville Middle School.

Food for People will concentrate on reaching children in the county's outlying areas, such as Willow Creek, Hoopa and Southern Humboldt.

Linda Prescott, who coordinates nutrition services for the Humboldt County Office of Education, said her agency has a long-standing partnership with Food for People to serve the low-income families in the county. The need, she said, has only increased amid the COVID19 shut-down.

“There has always been a need to offer meals to children during the summer months to help bridge the gap for food insecure families when school is out, however, with economic downturn due to COVID-19, we anticipate an even greater need,” Prescott said in an email to the *Journal*. “With shelter in place and school closures, schools have experienced record numbers of grab-and-go meals distributed to children in our communities. We expect this trend to continue with the serving of summer meals.”

Both Holcomb and Prescott noted that families whose children qualify for free or reduced lunches at school can also receive a Pandemic-EBT, or P-EBT, card with up to \$365 per child to help cover food costs. The deadline for applying is June 30 and online applications are available at <https://ca.p-ebt.org/en>.

Holcomb said that extra assistance has long been needed, pandemic or no pandemic.

“I hope it's extended into the future,” she said. ●

Kimberly Wear is the assistant editor and a staff writer at the Journal. She prefers she/her. Reach her at 442-1400, extension 323, or kim@northcoastjournal.com. Follow her on Twitter @kimberly_wear.

Summer Meal Distributions

Arcata School District: Distribution sites will run Monday through Friday, from June 15 to Aug. 24, with breakfast and lunch served in one bag. The main serving site will be Arcata Elementary (noon-1 p.m.), while mobile sites will operate at 2575 Alliance Road (11 a.m.-11:20 a.m.), Arcata Elementary (11:30-11:50 a.m.), Rotary Park (noon-12:10 p.m.), Greenview Park (12:25-12:35 p.m.), Manila Market (12:45-1:05 p.m.) and Phillips Court in Manila (1:10-1:15 p.m.). The schedule is subject to change. For more information, call 839-5219.

Eureka City Schools: Curbside pickup will be available at Alice Birney Elementary, Grant Elementary, Lafayette Elementary, Washington Elementary and Eureka High School, for children 18 and younger, Mondays, Wednesdays and Fridays. Two days' worth of meals will be distributed on Mondays and Wednesdays, with a single day's meals available on Fridays. Lunches will continue to be available at school bus stops Monday through Friday. The program runs through Aug. 14. Find the schedule at www.eurekacityschools.org and more information at www.eurekacityschools.nutrislice.com, or by calling Food Service Director Laura Chase or Assistant Food Service Director Danielle Johns at 441-2501.

Additionally, breakfast and lunch will be accessible in Eureka at the Teen Center (3015 J St.) at 9 a.m. and noon, respectively, Monday through Friday, and at the Municipal Auditorium (1120 F St.) in Eureka, Monday through Friday, with breakfast pickup at 7 a.m. and lunch pickup at noon.

Farther to the south, lunches can be picked up at Rohner Park from noon to 1 p.m., Monday through Friday, while the Rio Dell Community Resource Center will offer a summer lunch at Rio Dell Elementary School on Mondays, Wednesdays and Fridays from noon to 2 p.m., with two days' worth of food available on Mondays and Wednesdays and a single meals on Fridays.

McKinleyville Union School District: The Summer Meal Distribution Program will provide five-days' worth of food per child each Tuesday, noon to 1 p.m., from June 16 to Aug. 18 at McKinleyville Middle School.

Dream Quest in Willow Creek is also planning a summer lunch food box program that will have boxes available for pickup on Thursdays from noon to 5 p.m. Those interested are asked to sign up by calling (530) 629-3564 or emailing trish.oakes@dqwc.org.

For more information on Food for People programs and distribution sites, or how to help the nonprofit, visit www.foodforpeople.org. ●

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“Mission Fit”

Peers say Humboldt’s health officer — new in town and under intense pressure — is exactly where she belongs

By Thadeus Greenson
thad@northcoastjournal.com

Humboldt County Health Officer
Teresa Frankovich answering
questions from the media.
Submitted



The cards and short letters will show up from time to time at the Humboldt County Public Health Department addressed to Health Officer Teresa Frankovich. Inside, they have messages of thanks and support, sometimes offering expressions of gratitude for her personal sacrifice, sympathy for the pressure she’s under and support for the cautious approach she has taken to protecting local residents from the COVID-19 pandemic. Often, she says they include things like, “... and I’m so sorry for all the terrible things people are saying about you,” acknowledgments of the vitriol directed at the doctor on social media platforms, online forums and protest signs. “I don’t really do social media,” Frankovich says in a June 16 phone interview with the *Journal*, at a time when a spate of resignations of health officials throughout the state had shone a spotlight on the pressure they are under and the abuse some currently face. “People have certainly told me about things being said but I don’t read it.”

Joint Information Center lead Public Information Officer Heather Muller says when Frankovich first issued a countywide shelter-in-place order, restricting residents to their homes except for essential outings in hopes of limiting spread of the disease, there was an immediate backlash from a vocal minority on social media. Muller put together a summary of what was being said.

“I told her, somewhat apologetically, that Frankovich seemed to rhyme with a lot of things,” Muller says. “She laughed and said she’d discovered that in middle school, and here she still was. That was a couple of months ago and I haven’t given her another summary since. I get the sense that she wishes people were kinder and more interested in facts, but whether they are or they aren’t, she’s going to do her job.”

And Frankovich has become such a fixture in local media in the COVID age, perhaps the local official with the largest direct impact on the everyday lives and health of local residents, it’s easy to forget she’s new

to the job and to Humboldt County. She moved to the North Coast from Michigan late last year and was announced as the county’s “part-time” health officer Jan. 30. She had been on the job just 41 days when she declared a local health emergency due to the COVID-19 pandemic on March 11.

The *Journal* reached out to more than a dozen people who have worked with Frankovich, hoping to get a better understanding of her background and approach to the job. Together, they paint a picture of a caring pediatrician and dedicated public servant who is accessible, relatable, poised and unflappable.

“She always has the best interest of her population in mind. Always. Always. She always remembers, it’s about the people,” says Cari DiGiorgio, the public health director at the Western Upper Peninsula Health Department in Michigan, which fell under Frankovich’s purview — along with a host of other rural health departments and clinics — during her decade-long tenure as medical director there. “We miss her tremendously. She oversaw four health departments. It was a huge territory and everyone misses her.”

Closer to home, Open Door Community Health Centers Associate Chief Medical Officer Kelvin Vu, who lured Frankovich to Humboldt County in October with a job offer, recalls the first time he met her, last spring when she’d flown out for an interview.

“I thought, ‘She is a treasure. She’s experienced. She’s compassionate and she’s very mission driven,’” he says, adding the impression still holds true, though he’d now add “poised” to the list. “That’s important when you are a leader in a time of crisis. You could be freaking out on the inside but when you’re portraying it to the public, presenting to people who come to you for advice, you have to have poise.”

Having grown up in a suburb of Detroit before moving with her family to Upper Peninsula, a rural stretch of northern Michigan bordered by three of the Great Lakes and the state of Wisconsin, Fran-

kovich’s route to Humboldt County was circuitous.

She double-majored in biomedical sciences and psychology while graduating with distinction from the University of Michigan before attending its medical school, where she chose to focus on pediatrics. Tory Starr, Open Door’s CEO, says that choice alone is telling.

“People who go into pediatrics, you can kind of judge who they are a bit,” Starr says over the phone, adding that it’s a specialty that demands great communication skills, with the patience and warmth to deal with scared children and the ability to explain treatment plans to their parents. It’s a specialty that necessitates personal connection.

Immediately after finishing her residency in pediatrics in Chicago, Frankovich had plans to get a master’s degree from the University of California at Berkeley’s School of Public Health, consistently rated one of the nation’s best. She worked for a year to save money and then entered the program, working part time as a pediatrician in the Bay Area suburb of Martinez to make ends meet.

After getting her public health degree, she spent a year as the project director of a clinical trial of a potential immune globulin for botulism, a rare and potentially fatal illness that primarily affects infants. But then, in the midst of the Gulf War, for reasons unclear, the military bought up the existing supply of a drug crucial to the study, leaving Frankovich looking for whatever would be next.

“There was someone who was recruiting for a pediatrician up in Fortuna,” Frankovich says, adding that she’d come to love life on the coast, visited the practice, liked the staff and decided to take the position.

Frankovich only stayed about three years but the city — and Humboldt County — left an impression. She made some good friends, she says, and fell in love with the area before her Midwestern roots called her back to take a position in Chicago. She worked in primary care pediatrics for a handful of years more before

taking on more administrative roles, first as the medical director of a pediatric office for a small clinic serving 7,000 patients, then as a section head for a provider with 25,000 patients, then as health director for a nonprofit that worked in multiple counties providing a variety of children’s health programs. In 2008, the position of medical director in Upper Peninsula, Michigan, opened up. Frankovich says her father was ill at the time and she jumped at the chance to move back home.

DiGiorgio says the job was simply massive, with Frankovich providing oversight for all clinical public health programs for 10 counties spread across 10,000 square miles. That included everything from STD clinics and the Women, Infants and Children supplemental nutrition program to school-based health centers, communicable disease surveillance and opioid overdose prevention programs.

Despite the sprawling nature of her job and territory, DiGiorgio says Frankovich was always tremendously accessible.

“You could reach her at any time,” she says, adding that Frankovich was incredibly knowledgeable about both the business and medical sides of public health, yet extremely approachable.

A registered nurse, DiGiorgio says Frankovich was also refreshingly devoid of pretense and seemed to know clinicians and staff by name everywhere she went.

“You almost forgot she was a physician at times,” DiGiorgio says. “She’s just fun. Her sense of humor — I don’t want to say it’s sarcastic but, well, she had a unique sense of humor. And you could talk to her — you just never felt that nurse-doctor thing. She’s just very personable and actually cared about people as individuals.”

In June of 2018, torrential rains dropped more than 7 inches of water on Upper Peninsula in a single day, causing widespread flooding that devastated parts of three counties. DiGiorgio says she watched in awe as Frankovich stepped in to handle portions of the response, politicking, coordinating and doing all she could to make sure residents got the services they

needed. Perhaps most impressively, DiGiorgio says the stress of the moment never seemed to touch Frankovich.

"If it gets to her, she doesn't show it," she says. "She's just a workhorse. I've never heard her yell."

The following year, Frankovich says her husband, a lifelong Michigan resident, retired after a lengthy career as an attorney, first as a county prosecutor then in private practice specializing in employment law.

"When he was looking at retiring, he said, 'I'd really love to live someplace else for a change,' and I thought, I have just the place. I think you'll love it," Frankovich says, adding that she'd always thought of the possibility of returning to the Pacific Northwest generally and Humboldt County specifically. "And when I started seriously thinking about it, some friends out here said, 'You should really check out Open Door.' I did some research and reached out to them and asked if they were interested in a pediatrician. I just love that model — I just love the idea that they serve everyone. That was really appealing to me from an access-to-care standpoint."

When she met Vu and his colleagues for the interview, she says she was dazzled — relieved to find they shared many of the same areas of interest, like mitigating the impacts of traumatic childhood experiences on lifelong health outcomes. It felt like a fit and soon Frankovich was moving to Humboldt County, excited to get back into primary pediatric care.

Frankovich had only been on the job with Open Door a short time when she caught word that former Humboldt County Health Officer Donald Baird might be retiring from the half-time position. The chance to simultaneously work in public health and primary care pediatrics immediately appealed to Frankovich, so she says she asked Open Door if it would have a problem with her applying.

Vu and Starr say everyone at Open Door was supportive, recognizing the county-wide impact Frankovich could have as the county's health officer and the depth of experience she would bring to the position. The county announced her hire Jan. 30, issuing a brief press release with a photo of her attached, her broad, easy smile framed by shoulder-length blond curls. Local media posted the announcement but the public took little notice. Within three weeks, Frankovich would announce Humboldt County's first COVID-19 case and everything would change.

Asked if the current reality — working seven days a week, her life consumed by a single disease — seemed a possibility back in January, Frankovich pauses.

"Not like this," she says, adding that the

disease was certainly on her radar but little was known about it, and there was no way to foresee the role she'd be thrust into: the public face of a government response, walking a community through a pandemic. "Honestly, I think I underestimated the impact of this and I think we all did as it landed here."

But if she didn't exactly step into the position with eyes wide open, those close to Frankovich say she hasn't blinked since. She quickly informed Open Door she'd need a leave of absence and started taking quick, decisive action to ready Humboldt County for what was to come.

One of the first things she did was reach out to Josh Ennis, who'd served as Humboldt County's deputy health officer under Baird. Ennis had left the position as he and his wife welcomed a third child but had stepped back in temporarily to fill a gap between Baird's departure and Frankovich's arrival. After majoring in genetics at University of California at Davis, he entered medical school there, studying emergency medicine. Along the way, he met his future wife, Marika Ennis, a Southern Humboldt native.

"She grew up here and wanted to be able to come back and serve this community, and Josh was up for that," says Stephanie Dittmer, president of the Humboldt-Del Norte Medical Society, adding that both fill emergency room shifts at St. Joseph and Redwood Memorial hospitals. "The two of them are a really nice example of how we should be able to grow our own doctors."

Frankovich says she "asked if he would be able to come on board and help and, to his credit, he felt a duty to do that."

Like Frankovich, Ennis has found himself working around the clock on COVID-19 response and colleagues describe him as detail-oriented, responsive and data-driven. While Frankovich handles much of the interagency stuff — meeting regularly with school districts, local officials, Humboldt State University and College of the Redwoods — and researching mitigation measures, best practices and the latest developments on the disease, Ennis has primarily been the point person on helping build surge healthcare capacity locally. He's regularly met with local hospitals and providers to think creatively to expand existing capacity, and worked with the state to construct the 100-bed alternative care site at Redwood Acres Fairgrounds.

From her perspective, Dittmer says it's pretty incredible what Ennis, Frankovich and their small team have been able to accomplish, pointing to the creation of a mobile COVID-19 testing site, the alternative care site, the expansion of the number local intensive care beds and the

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NCJ ON THE COVER

Continued from previous page

county's ability to conduct contact tracing investigations. For some context, while Humboldt County was conducting contact investigations from the moment of its first local confirmed COVID-19 case and worked quickly to train 30 additional investigators, Gov. Gavin Newsom said that, as of May 4, only 23 counties in the state were actively conducting such investigations, which are widely believed to be crucial in containing the spread of the virus. And while limited by supply chain issues and backlogs at corporate laboratories, Humboldt County has also tested for COVID-19 at rates that outpace all its neighboring counties.

"People have this image of public health as a big department that has all these things," Dittmer says. "No, it's a small group of people who have managed to ramp up this huge amount of resources for our county in a very little amount of time."

But Dittmer says one of the most impressive aspects of the work Frankovich has done so far lies in her ability to calmly and articulately explain the reasoning behind her public health orders and the complexities of a pandemic response to a disease that's still largely an unknown.

"In a time when all of this is groundbreaking and new, and every day we're learning more about this illness, it's really challenging to convey the complexity of the science," Dittmer says. "The skill that she has communicating the complex uncertainties of this particular novel pandemic, I just find it exceeds what we would normally expect in a physician. It says a lot about her personal expertise."

And that expertise comes from both a solid base of knowledge and constant vigilance, says Public Health Director Michele Stephens, adding that Frankovich regularly stays up late into the night reading the latest literature on COVID-19, from potential treatments to new manifestations of the illness, like the respiratory illness recently found in children.

Asked how much Frankovich has been working to keep up with the immediate response needs of Humboldt County, the complexities of protocols to ease shelter-in-place restrictions safely and the latest developments on the disease, Stephens pauses.

"A lot," she says. "She probably hasn't had a day off in over four months, worked through weekends ... a lot. I'll just say a lot."

Speaking to the Journal on June 15, Frankovich largely comes across as almost unflappably upbeat. Those close to her say she's almost always this way, a natural optimist. Told that those around her marvel at the way she seems to handle the pressures of her post — balancing the public health dangers of a contagious disease and the

economic realities of shuttering the county — with grace, she's asked whether she's somehow able to block it all out.

There's a silence over the phone.

"No," she says, a strain evident in her voice for the first time in the interview. "It's a lot. It's challenging."

Those around Frankovich say she is keenly aware of the responsibilities inherent in her position — both the dangers of not acting forcefully enough to protect public health and the real impacts of the orders she's signed. So when they see the vitriol expressed on social media platforms — in recent weeks, the *Lost Coast Outpost's* Facebook page comments have included references to "Frankobitch," rants about "some woman doctor" and references to her as "diaper face" — they worry.

Throughout California, harassment has pushed health officers to step down. Most recently, Orange County Chief Health Officer Nichole Quick resigned after a vitriolic backlash to a facial covering order that included a death threat and necessitated a police escort. The situation has become so concerning in healthcare communities that California Medical Association President Peter Bretan issued a statement.

"California's response to COVID-19 and our success in flattening the curve has been driven by the leadership of our local county health officers," Bretan said. "The California Medical Association is deeply disturbed by news that some local health officers, many of whom have been working tirelessly over the last three months, have been subject to unfair and uninformed attacks and have become political targets for those seeking to vent their frustrations about what must be done to protect the public at large."

Dittmer says one thing she'd like the general public to understand is that the "sacred" duty that binds physicians to their patients extends to the larger community when they accept the role of a health officer.

"Physicians, when they take those public health roles, extend their idea of healing to a larger group, and when you do that, it should never be met with threats and fear and vitriol," she says. "It should never be met with that level of backlash and the fact that it is right now is just morally and ethically wrong. It's the same thing as if a physician in an office giving a diagnosis were confronted by a patient with a firearm. It just doesn't make any sense and it's really scary."

Vu agrees.

"It's sort of like you asking a doctor for medical advice and them giving it to you and you not only criticizing them but you start throwing out harmful, personal attacks," he says. "What benefit do they get

from this? Nothing other than making sure everyone stays safe."

Asked about the resignations of health officers in other parts of the state, Frankovich concedes it's a "really stressful position to be in."

"The politicization of science and health is just really difficult," she says. "I think when things that are fairly straightforward — for example, masking — I feel like masking is a fairly simple thing that we're asking people to do. It's not expensive. It's not time consuming. But some issues such as that have become political."

Frankovich says people don't enter public health looking for the spotlight, adding that on a good day, "we just operate quietly and most people don't even know we're here." She also understands, as do those around her, that there's no sweet spot with public perception of an infectious disease response: You're generally seen as having overreacted if things go well or not having done enough if things go poorly.

While those near Frankovich are frustrated with the personal attacks and fearful of the backlash they've seen elsewhere, they also say she is a realist and task oriented. Just as those kids in junior high didn't throw her off track, neither will some name calling on social media. There's just too much to do and the stakes are too high.

"It's one of these rare instances for me where there's just really no way to make everyone happy," Frankovich says. "There's no way to satisfy what everybody feels they need. So having to say no, having to sort of explain why it's important to say no is always challenging. There's no road map for this. It would be really nice if we had some kind of tested path and all we had to do is navigate it. But only in retrospect are we going to have a really good understanding of what really worked and what could have been done differently."

Dittmer, for her part, thinks Humboldt County couldn't be in better hands. She says the medical society talks a lot about mission fit, ways to put the right physician in the right space at the right time to be of best service. Frankovich, she says, has found her mission fit.

"She has impressed me with how smoothly she is able to take the pressure," Dittmer says. "We physicians train to stay calm under moments of exceeding stress but this is just different and she has just stepped up to the plate with — just — grace." ●

Thadeus Greenson is the Journal's news editor and prefers he/him pronouns. Reach him at 442-1400, extension 321, or thad@northcoastjournal.com. Follow him on Twitter @thadeusgreenson.



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The Pots Smell Good

Jerk Kitchen opens in Eureka

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

In Christiana, the rural town in Jamaica's Manchester Parish where his grandmother lived, Dell Bryan learned to cook from her.

His wife of 35 years, Joanne Kerr, explains they were both born in the capital city of Kingston, but "he would live with his mom in Kingston for six months, then she would send him to his grandmother in the country for six months." It was an enviable education, learning to butcher goats from his grandfather and shadowing Miss Ellie, as his grandmother was known, in the kitchen. The smell of her curries and stews would waft out the open windows. "Everybody would come by and say, 'Miss Ellie, pots smell good,'" says Kerr.

"Everybody cooked," says Bryan. "My grandma's was special."

Those childhood lessons have served the couple well at Jerk Kitchen, the mobile catering business and popular farmers market stall that's now found a home in the former Rita's at 427 W. Harris St. in Eureka (407-0586). After signing the lease in February, Bryan and Kerr made the best of the unexpected shelter-in-place closure, renovating the space to get the kitchen up to code and the dining room painted. Officially open since Friday, June 12, the restaurant's tables will stay empty as they stick to takeout, at least for now.

"It all started with the [Arcata] market because everybody who came by wanted to know where they could get their chicken and ox tail during the week," says Kerr, who was surprised by local interest and knowledge about Jamaican cooking. As they built their following at the Saturday market and catering gigs, requests came in for specialties like the goat soup called mannish water for its supposed aphrodisiac quality or ackee and saltfish, the fruit and salted cod that is Jamaica's national dish and a Sunday breakfast staple.

The move to Eureka allows them to stretch out. "It's a big kitchen. Before when we was at the market, we used to work out of the Jam. We would go there in the morning and cook. ... It was nice but it was small."

Still, the menu will start slim, with rotating specials like stewed oxtail and chicken curry, along with their anchor,

the jerk chicken. "Here now we get to do more stuff but, still, we're not doing all the food. Because Jamaican food is slow cooking," says Kerr. "We come in at 6 a.m. and we're gonna open at 11. ... We have to slow cook the oxtail and the beef and the goat. Then I'm gonna make vegetables ... then we gonna fry the plantains ... and the festival," she says, adding that the latter, a flour and cornmeal stick, similar to a hush puppy, is sweet and savory, and goes with everything. Bryan tells her not to forget the coconut rice and peas.

The jerk chicken takes the longest, marinating 24 hours before cooking low and slow over wood coal and hickory. Kerr describes the process in a slow drawl: "Jerk is the marinade that we put the chicken through but it's the seasoning — cinnamon, allspice, which in Jamaica we call it pimento seed or berry, garlic, thyme, scallions, onions. And the main ingredient in all Jamaican cooking is Scotch bonnet pepper."

"One of!" interjects Bryan.

"It's *the*," she says with a teasing tone. "Oh, yes, and the ginger."

"And other secret seasonings" he calls out, setting her laughing. "He is sooooo particular and if he doesn't have one ingredient he's having a heart attack," she says, chuckling. "I tease him all the time but that's why his food is so delicious."

"It's with love!" he says. "Home cooking at a high level."

Kerr is a lifelong cook, too. Kingston born, she left Jamaica when she was 7, following her parents who'd immigrated ahead of their children to Bushwick in Brooklyn, New York. "I was the oldest girl. I had an older brother and younger sister and both my parents worked," she says. "My mom did house keeping so she would go to Manhattan to the white people's and clean. My dad was a sign artist, my dad could draw and did billboards and signs." Kerr took on the cooking, making Jamaican dishes like chicken curry for her family every night.

It was in New York where she met Bryan, whose immigrant parents were able to bring him over at the age of 13. "He was a truck driver before all this cookin'," she says. He started driving for Mayflower Moving at 17 and had been to Humboldt



Dell Bryan and Joanne Kerr at their Jerk Kitchen restaurant in Eureka.

Photo by Zach Lathouris



Jerk Kitchen's signature jerk chicken with coconut rice and peas, greens, plantains and macaroni and cheese. Photo by Zach Lathouris

on the job and liked the feel of it. Eventually a few friends who'd moved to the area started pleading with him to come out and try to start a business "because there was nothing to eat," she says with more laughing. By then the couple had moved to Florida, where Kerr worked as an ICU medical assistant. There Bryan did a brisk business bringing oxtail and brown stew to her coworkers on the night shift.

Kerr and Bryan hope to bring the Jerk Kitchen stand back to the Arcata Farmers Market when they figure out the logistics. But for now they're open four days a week (Tuesdays, Thursdays, Fridays and Saturdays 11 a.m. to 8 p.m.) and daydreaming about expanding the menu to include corn and dumpling soup "with food in it," for when the cold weather comes. "When we say 'food,' it means ground provisions

like potatoes, yams. ... Any Jamaican person would know."

Kerr and Bryan are hoping to do red snapper escabeche with red pepper sauce and Scotch bonnet once a month, maybe green banana porridge with cinnamon, vanilla and nutmeg. Some of the ingredients are harder to come by and Kerr says she's still having her son ship some from Florida. The spices don't come cheap but it's worth it to get the flavor right.

"Jamaica is poor," she says, "but they got high taste." ●

Jennifer Fumiko Cahill is the Journal's arts and features editor and prefers she/her pronouns. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.



A garden of greens — radish, kale, lettuce, carrots and beets — to keep you sane, busy and fed in a pandemic. Photo by Julia Graham-Whitt

Corona Gardens are the New Victory Garden

Planting your way through the pandemic

By Julia Graham-Whitt

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Back on March 19, my landscaping assistant and I were out working when we heard from friends that Humboldt was under a shelter-in-place order starting later that evening.

We decided to hit up one of the local nurseries to pick up some seeds for friends, as well as for our own gardens. As a landscaper, I frequent the local nurseries, so I figured it was a day like any other day. Hoo-boy, was I wrong. I had never seen that many people at Miller Farms before and the line was spaced 6 feet apart (they had already put some compliance measures into place), so we had a bit of a wait to make our purchases. It seemed we weren't the only ones who had heard things might be shutting down for a bit. Two weeks was what most folks thought back then. Turns out we were all wrong.

Now here we are nearly three months later and some things have changed, but the rush at local nurseries hasn't. Nursery staff and growers of nursery plants here in Humboldt have been talking about the spike in plant and seed sales, especially for edible plants. It's almost like we all decided to grow our own victory gardens.

For those of you unfamiliar with victory gardens, here's a little history. According to a recent *New York Times* piece on their

revival, "The victory garden movement began during World War I and called on Americans to grow food in whatever spaces they could — rooftops, fire escapes, empty lots, backyards. It maintained that there was nothing more valuable than self-sufficiency, than working a little land, no matter how small, and harvesting your own eggplant and tomatoes."

Victory gardens saw a resurgence in the U.S. in the spring of 1942 in response to food rationing. Foods like sugar, butter, milk, cheese, eggs, coffee, meat and canned goods were rationed. I remember my uncle telling me about the rations when he was a farm boy in Minnesota.

An estimated 20 million Victory gardens were planted, which ended up producing nearly 40 percent of all fresh vegetables consumed by Americans.

Unfortunately, after the war ended, many people replaced the food producing gardens with lawns, which became the status symbol of the Post-war generation when it came to landscaping.

Since we all have had a bit more time on our hands, you might consider starting your own corona garden. As of this writing, local nurseries are seeing their stock of veggie starts build back up, as local nursery growers are responding to the de-

Continued on next page »

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mand. You don't have to have a large plot of land and, for those who are apartment dwellers, even some large pots will do for a mini-garden.

Soil is key to a healthy garden and you can either buy in bulk (Wes Green and Powell Landscape Materials are a couple local suppliers) if you or someone you know has a trailer or truck to haul materials, or you can buy bagged soil. Gardner and Bloome, Foxfarm and Royal Gold all make high quality soil mixes. Personally, I like G and B for my plantings — Harvest Supreme for veggie and fruit crops, and Planting Mix for ornamentals. For larger gardens, including clients', I prefer the bulk Wes Green Supreme mix, which includes goat poop from our county's very own Cypress Grove goats. Just make sure you start with a high quality soil and your plants will thank you for it.

Since it's getting to be later in the planting season, some plants that are easy to grow here, especially on the coast, and can be planted now include kale, lettuce, chard, carrots, beets, radishes, beans, peas and many types of berries. You can start the greens from seedlings purchased either at the nursery or our local farmers markets, or you can sow seeds directly into the soil. With carrot, beets and radishes, it's best to direct sow, because they don't transplant well. Follow the instructions on the seed packet to determine how close to space your seeds.

You can grow corn here on the coast but it has to be a variety with a short season. At this time of year, start with some six-packs at the local nurseries. Because corn is wind pollinated, you can plant it in blocks, rather than rows, unless you have a lot — and I mean a lot — of property to plant it. "Sugar buns" is a variety that does well for our short growing season. Peas can be planted in a low bed along a wall or fence so they have something to climb. Sugar snap peas are a favorite in our household.

And let's not forget the berries. Strawberries can be planted in smaller pots — just make sure they're well watered and have room to sprawl. You can plant raspberry starts in a half wine barrel. Tayberries (a cross between a red raspberry and blackberry) need more room but, if you have space, they're one of my favorite berries.

Make sure your new garden, whether large or small, gets enough water, especially if we have those windy, dry sunny days. The general rule is 1 inch of rain (water) per week for most veggies. Now let's get planting. ●

Julia Graham-Whitt is owner and operator of the landscaping business Two Green Thumbs. She prefers she/her pronouns.

The Things They Buried

Da 5 Bloods

By John J. Bennett

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DA 5 BLOODS. I have long been fascinated by the American War in Vietnam. This is partly due to having cut my teeth on the bombastic, irresponsible, large-scale action movies of the 1980s, an era in American cinema when exaggerated male physicality and unconscionable, grotesque violence displaced thoughtful examination of the true wages of war. War was big business on a marketing and merchandising level. We were inundated with war toys, comics, shows and movies. America was only starting to figure out what the war in Vietnam had done to the soldiers who served there, and had little idea what it would do to the structural integrity of American culture, but Big Business had it wired as a profit center.

There were and are counterpoints to the crude commercialization of the nightmare of that conflict. Even in mainstream American cinema, artists were parsing the immediate and lasting impacts of the Vietnam experience. I became deeply enamored with *Apocalypse Now* (1979) as a pre-teen; *Full Metal Jacket* (1987) opened my eyes (Ludovico Treatment style) to the horrors of war mocked by Hollywood action movies and my own silly pantomimes. Later, the writing of Michael Herr, Tim O'Brien and Karl Marlantes would further illuminate, and render poetic, the lives of boots on the ground.

While all that art is of merit and mostly even handed, it is also all pretty white. Glimpses of the African American experience in Vietnam in mainstream movies, TV and literature usually come to us as B-story or flashback. Not surprisingly, it has been criminally marginalized and under-represented. So when word came down that Spike Lee was making a Vietnam movie, I got excited.

I don't think I need to dissect Lee's body of work; he is one of the most significant American artists alive today.



The social distancing I want to see on all trails.

Da 5 Bloods

(And, notably but unsurprisingly, has often struggled to get his movies made.) He finally got a long-overdue Academy Award for the screenplay of *BlacKkKlansman* (2018) — I tend to devalue the Oscars, culturally and otherwise, but the guy's been at the forefront of American cinema for decades and it was time — which I suspect gave him the juice to go to Southeast Asia and make a two-and-a-half-hour action-drama about war, injustice, PTSD, imbalances of power, fathers and sons, war profiteering, community activism. Kind of everything. That complexity, that narrative ambition, is both breathtaking and a little frustrating to behold.

The five Bloods, reduced to four when we meet them in the present day, all served together in the First Infantry Division of the U.S. Army during the war in Vietnam. They have returned to bring home the remains of their fallen squad leader, Stormin' Norman (Chadwick Boseman), plus the cache of CIA bullion they buried in 1971. Shuttling between the operation that took Norman's life and the expedition to bring him home, *Da 5 Bloods* unpacks the dynamics among the surviving friends and the shattering after-effects of losing their leader. Paul (Delroy Lindo), the most clearly damaged by his experience, wears a MAGA hat and slips back into the anger and racist rhetoric of wartime. He feuds with his son David (Jonathan Majors), a proud Morehouse alum and schoolteacher who infiltrates the mission, and perceives betrayal all around. This leaves Otis (Clarke Peters), Eddie (Norm Lewis) and Melvin (Isaiah Whitlock, Jr.) to try to keep the group together and all moving in the same direction. (I'm not sure of the significance of the characters being named for The Temptations). Not that everybody else has it all figured out: Otis still harbors feelings for Tiên (Y. Lan), with whom he had an affair during the war and

who now serves as intermediary to help the Bloods smuggle the gold out of Vietnam; Eddie is famous but destitute; and Melvin drinks too much and suppresses the effects of his wounds. Along the way, they catastrophically cross paths with the well-intentioned members of an ordnance removal organization and a heavily armed group of young Vietnamese men unrecovered from the multi-generational trauma of the American invasion.

Like everything Lee does, *Da 5 Bloods* is bold, intentional and speaks with an unmistakable voice: It is undeniably a substantial and entertaining work of art. There are times, though, when the effort to tell many stories, or so many threads of the same vast narrative tapestry, feels burdensome. And the technical execution — cinematography by Newton Thomas Sigel, editing by Adam Gough, both formidable forces in their respective fields — feels rushed compared to Lee's usual standard. Scenes are shot in one take, with medium shots and a fair amount of hand-held camera, and even at its daunting running time, the movie sometimes feels unintentionally elliptical. The soundtrack, using alternate takes and isolated vocals from the recording of Marvin Gaye's *What's Going On* alongside Terence Blanchard's somber, full-throated score, is a work of genius in itself, but suggests an atmosphere apart from what we're seeing on screen. It's possible that, having watched *Da 5 Bloods* in a theater, I would see it differently, and I might upon re-watching it. Which is maybe the more cogent comment: This is a movie that, despite its shagginess, has more to say than we might be able to synthesize after one viewing. It is not "perfect" but it may be better than that. R. 154M. NETFLIX.

●
John J. Bennett is a movie nerd who loves a good car chase and prefers he/him pronouns.

Calendar June 18 – 25, 2020



Submitted

The Eureka Chapter of The NAACP and Black Humboldt invite everyone to join them for an all-day, communitywide event celebrating freedom, diversity and community to commemorate the ending of slavery in the United States. The **2020 Juneteenth Celebration** will be held **Friday, June 19**, from **noon-11:30 p.m.** at **various online locations**. Dial in on Zoom with Meeting ID: 06192020, Facebook: @BlackHumboldt and Instagram: @BlackHumboldt. YouTube info TBA.



File

The **Arcata Bay Oyster Festival** is still on, but streaming. Enjoy the best of the fest without the crowds at the **Virtual Oyster Festival**, streaming live **Saturday, June 20** from **10 a.m. to 5 p.m.** Head to **www.arcatamainstreet.com** to order your virtual oyster fest party favors (oysters, wine/beer/cider, commemorative steel pint cups and T-shirts), schedule your time to pick up your goodies (between June 17-19) then set up your at-home viewing party.



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Humboldt Sponsors is hosting a blood drive Wednesday, June 24 from 4 to 7 p.m. at the Northern California Community Blood Bank (2524 Harrison Ave., Eureka). To make a one-hour donation appointment, call Lynn McKenna at 443-9106. Appointments are scheduled every 15 minutes. Walk-ins are welcome earlier in the day. Mention Humboldt Sponsors to ensure credit for the donation. Dinner items and refreshments provided. Photo ID and facial covering or mask required. All blood donors will receive a complimentary face mask, handmade by Humboldt Sponsors members.

The Humboldt County Library is offering curbside pickup at all locations throughout the county. Patrons can place up to four items on hold at a time, either through the library's website at www.humlib.org or by calling any library branch. When your items are ready, you will be notified by mail, email or phone. Check the drop box schedule at your local library for returns. Overdue fines are temporarily waived. Create an e-account at www.humlib.org with just your name, zip code and an email address for access to e-books, audio books, magazines and databases without a card, even while the library is closed. Click "Connect with a Librarian or Get an e-Account" or call 269-1915 Tuesdays through Saturdays 10 a.m. to 5 p.m. Or use your library card on the site, even if carrying a bill. Wi-Fi is also available outside all library locations Tuesdays through Saturdays from 9 a.m. to 9 p.m. Please observe social distancing while using library Wi-Fi.

The Arcata School District announces its first Summer Meals Program, running from June 15-Aug. 24 at Arcata Elementary School, Sunny Brae Middle School and five community sites. All children 18 and under are welcome to these free meals and people 21 and under who are disabled may also participate. Meals will be offered weekdays, with breakfast and lunch served in one bag. The main serving site will be Arcata Elementary (noon to 1 p.m.), augmented by the following mobile sites: 2575 Alliance Road (11-11:20 a.m.), Sunny Brae Middle School (11:30-11:50 a.m.), Rotary Park (noon-12:10 p.m.), Greenview Park (12:25-12:35 p.m.), Manila Market (12:45-1:05 p.m.) and Phillips Court in Manila (1:10-1:15 p.m.). The schedule is subject to change. Call 839-5219 with any questions.

The City of Eureka is reaching out to the community for photos and memories of Sequoia Park and its playground or the Sequoia Park Zoo in an effort to support the Sequoia Park Improvement Project. Do you have fond memories and photos of the 125-year-old history of these beloved spaces that you would be willing to share? Submissions can be sent by email to sequoiaparkmemories@ci.eureka.ca.gov or uploaded to www.sequoiaparkmemories.com or mailed to Sequoia Park Memories, c/o Adorni Community Center, 1011 Waterfront Drive, Eureka, CA 95501.

Dell'Arte Humboldt Scholarship. Dell'Arte International School of Physical Theatre announces a one-time-only scholarship for its cornerstone Professional Training Program, a one-year program designed for students with a desire to journey into the realms of actor-created theatre. The Humboldt Scholarship is open to all Humboldt County residents and covers one-third of the tuition (amounting to a \$4,200 discount). To apply to the Professional Training Program and be considered for the scholarship, visit www.dellarte.com or contact Matt Chapman, director of admissions, at matt@dellarte.com.

Friends of the Redwood Library invite children to use their imagination to draw a picture or character from a

favorite book for its annual Children's Art Calendar. Fill out the application at www.eurekafrl.org and enter up to three pictures by sending photos of the drawing(s) to frlcalendar@gmail.com or P.O. Box 188 Eureka, CA 95502. All who enter get a gift certificate to the Serendipity Book Store upstairs in the Eureka Main Library.

KEET is accepting short quarantine videos. Shoot a one-minute clip on your phone or tablet about how you're spending your downtime during shelter in place — gardening, cooking, knitting, whatever works for you — as well as whatever silver linings you've discovered. Send video files to production@keet-tv.org. These short videos will be used on KEET-HD and may be edited for length.

Quarantine Café seeks submissions. Share your gifts with the daily half-hour program featuring performances and interviews with musical acts from around the world. For submission guidelines, go to www.facebook.com/quarantinecafe. New episodes air weekdays at 3 p.m. The entire backlog of episodes is available on Facebook and soon YouTube. Email quarantinecafe2020@gmail.com.

The Humboldt County Animal Shelter will be closed to the public until the shelter-in-place order is lifted, though staff will still be feeding and caring for the animals, as well as taking calls Monday through Friday from 8 a.m. to 4:30 p.m. Adoptions can be made by appointment. If your pet is impounded at the shelter, call 840-9132 to make pick-up arrangements. If you leave a message, your call will be returned.

GET HELP/GIVE HELP

The city of Eureka is accepting donated face coverings. Homemade cloth masks, no-sew masks, bandanas and elastic hair ties will be sanitized and distributed to St. Vincent de Paul, the Eureka Rescue Mission and the Betty Kwan Chinn Day Center. Wear your own face covering when leaving masks or materials in the **donation box** outside the main entrance of **Eureka City Hall** at 531 K St. **weekdays from 8:30 a.m. to noon and 1 to 4 p.m.**

Area 1 Agency on Aging Partners and the Friendship Line offer support to seniors. Older adults can call the toll-free "warm line" (1-888-670-1360) for a friendly listening ear and emotional support for those facing loneliness, isolation or anxiety, including concerns about COVID-19. Both the new number and the 24-hour, toll-free Friendship Line (1-800-971-0016) will take inbound calls, as well as offer pre-scheduled outbound call service.

Redwood Community Action Agency is offering help with energy bills — home heating bill or the purchase of propane, firewood, pellets or kerosene — for low to moderate income households. Call 444-3831, extension 202, to see if you qualify. To learn more about RCAA's programs and services, visit www.rcaa.org or call 445-0881.

CalFresh EBT cards can be used for online and home delivery shopping at Amazon and Walmart. Visit www.getcalfresh.org to apply or call (877) 847-3663 to be connected to your local county social service office.

Redwood Coast Energy Authority is offering a \$500 rebate for purchasing electric bikes through October or until funds run out. Learn more at www.redwoodenergy.org/services/transportation/electric-bikes-rebate, call 269-1700 or email EV@redwoodenergy.org.

Humboldt County free school meals are available. For a complete list of all district meal times and distribution locations, visit the Humboldt County Office of Education's website: www.hcoe.org/covid-19-2/school

meal-times-and-locations.

Northern California Community Blood Bank: You can make an extremely essential outing and safely donate at a number of times and locations around Humboldt. Blood mobiles and the blood center are set up for social distancing. Visit www.nccbb.net for a full schedule.

Mad River Community Hospital: Donations of PPE can be made at the main hospital entrance Monday through Friday, noon to 2 p.m. Facilities in need of masks can reach out to the Facebook group Humboldt Coronavirus Mask Makers for donations.

Emergency Grants Available to Help College Students Stay in School with a \$500 California College Student Emergency Support Fund for low-income students who are currently enrolled full time and have already completed 24 semester units. Undocumented immigrants, foster youth and those who are housing insecure are urged to apply. Apply online at www.missionassetfund.org/ca-college-student-grant.

SoHum Health's hospital and clinic staff are calling seniors residing in the area to offer a wellness check, information on grocery delivery services via the Healy Senior Center, prescription refills and delivery, and Tele-health visits with their clinic providers, if needed. Don't wait for a call, contact SoHum Health's Senior Life Solutions at 922-6321.

Humboldt Area Foundation and its affiliate the **Wild Rivers Community Foundation** (in Crescent City) have launched the **COVID-19 Regional Response Fund**. Tax-deductible contributions can be made by mail, at www.hafoundation.org or in person. Grants will go to nonprofits, other charitable organizations and Native Indigenous organizations in Trinity, Humboldt, Del Norte and Curry counties. Visit www.hafoundation.org or call 442-2993.

Pacific Gas and Electric Co. (PG&E) is implementing a series of billing and service modifications effective immediately to support customers experiencing hardships as a result of the COVID-19 pandemic. For more information, visit www.pge.com/covid19.

EVENTS

2020 Juneteenth Celebration. Friday, June 19, noon-11:30 p.m. Virtual World, online. The Eureka Chapter of The NAACP and Black Humboldt invite everyone to join them in celebrating Juneteenth 2020, commemorating the ending of slavery in the United States. Featuring local POC vendors, workshop facilitators, music, art performances and more. Join Virtually: Zoom: Meeting ID: 06192020. Facebook: @BlackHumboldt. Instagram: @BlackHumboldt. Free. BlackHumboldt@gmail.com. www.blackhumboldt.com/2020-juneteenth-celebration.

Healing Through Music. Sunday, June 21, 1 p.m. Arcata Plaza, Ninth and G streets. Bring acoustic instruments and join musicians, artists, poets and community members for an afternoon of singing in unity to promote positivity, love, hope and healing. Mask required. Free.

Pirates in the Yaaarrrd. Sunday, June 21, 8 a.m.-8 p.m. Virtual World, online. A social distancing event to make people smile. Not affiliated with any organization or agency, it's like a backwards parade combined with a Halloween/holiday decorating block party. Visit the Facebook page to sign up and register your yard. Free. www.facebook.com/pages/category/Event/Pirates-in-the-Yaaarrrd-104295561296517/.

Virtual Oyster Festival. Saturday, June 20, 10 a.m.-5 p.m. Virtual World, online. Oyster Fest is goes virtual with

Continued on next page »



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NCJ CALENDAR

Continued from previous page

history, competition, music and more live streaming from 10 a.m. to 5 p.m. Head to www.arcatamainstreet.com for all the action.

ARTS & MUSIC

Ask the Curator - Facebook Live Virtual Event from the Clarke Historical Museum. Fridays, 2-3 p.m. Virtual World, online. Join the Clarke Museum Fridays for a Facebook Live event hosted by Curator Katie Buesch (and the occasional guest host). Each week showcases a different fun and informative topic, with a trivia contest the last Friday of every month (join in for your chance to win a free membership to the Clarke Museum). Past segments available on the Clarke website. www.clarkemuseum.org. Free. www.facebook.com/Clarke-HistoricalMuseum. 443-1947.

The Curiosity Hour: Weekly Double Dose of Weird with Veve Decay. Saturday, June 20, 8 p.m. and Wednesday, June 24, 8 p.m. Virtual World, online. A strange and macabre evening of whimsical tales, live video chats and parlor games. Hosted by Altar Ego: Curious Art & Fashion Design. Tune in at www.facebook.com/events/939880849742122.

Club Triangle Streaming Saturdays. Saturdays. Virtual World, online. Weekly online queer variety show. Submissions accepted daily then shared on Streaming Saturdays all day. Post your art on social media and tag @clubtriangle. #coronoshebettadont. www.instagram.com/clubtriangle. www.facebook.com/clubtriangle707. Free.

EmRArt with James Zeller. Saturdays, 2-4 p.m. Virtual World, online. Cross-platform entertainment from remote locations. James Zeller plays jazz from Arcata, and Emily Reinhart lays charcoal on birch wood in Eureka. Watch via Facebook (www.facebook.com/EmRArt) or by YouTube. Free. emily@emilyreinhart.com. www.youtube.com/channel/UCIcIGc_-RErDvHWjNBsbhIQ.

The Future Is Now: A Zoom Communique. Thursdays, 6:30-8 p.m. Virtual World, online. A fun and interactive Zoom call based in Humboldt County. Join time travelers from your future who are searching for the artifacts from our time that predict life in the decades to come. Do you dream and work for a better future? Hear how your work turns out! Email or visit the Facebook event page for the Zoom link. Free. CoopHumEd@gmail.com. www.facebook.com/events/1657090377763791.

The J Street Regulars Radio Hour. Mondays-Fridays, 7-8 p.m. Virtual World, online. A live-stream performance from the Sanctuary's Great Hall via Facebook Live. One of the J Street Regulars hosts, performing live and taking requests. Free, donations via website welcome. nanielickerson@gmail.com. www.sanctuaryarcata.org/donate. 822-0898.

King Maxwell Quarantine Funk #9. Fridays, 9-11 p.m. Virtual World, online. King Maxwell spins funk and soul tunes for a joyous dance party as you quarantine in place. Enjoy the sounds of funk, soul, electro, disco, roller skating jams, and boogie while the King adds vocoder flavor. Free. arcatasoulpartycrew@gmail.com. www.youtube.com/watch?v=pssTRY5HLAk.

Laughter is the Best Medicine 3 - A Night of Comedy. Friday, June 19, 6-7 p.m. Virtual World, online. St. Joseph Hospital's annual fundraiser has transformed into an online virtual event featuring a live auction and entertainment with comedy duo The Passing Zone. All proceeds raised go toward the hospital COVID Recovery effort. RSVP to jennifer.partsafas@stjoe.org. www.facebook.com/events/s/laughter-is-the-best-medicine-/3244801918905487. Free.

Online Variety Show and Open Mic. Sundays, 6-8

p.m. Virtual World, online. Weekly Sunday evening Outer Space Arcata live stream variety show and open mic. Four slots available per hour. DM to sign up. www.facebook.com/events/24114663891421.

Shelter n Play. Fridays, 6 p.m. Public group on Facebook started by and mostly made up of Humboldt locals. Open mic for all skill levels, all styles, all humans welcome to watch or perform. Sign-ups Wednesdays at noon. www.facebook.com/groups/224856781967115.

Social Distancing Festival. Virtual World, online. A site for celebrating art from all over the world. Tune in for live streams of music, theater, storytelling, performance art and more. www.socialdistancingfestival.com. Free. www.socialdistancingfestival.com.

Socially Distant Fest. Another Facebook group for virtual connection and entertainment with 57,000 members and growing. From the group's "About" page: "This group has been created to bring some entertainment to those of us that are isolated/quarantined or distanced socially because of the COVID19 pandemic. We welcome performers of all backgrounds (musicians, poets, puppeteers, fire spinners, etc.) to share their talents with us! We will have a showcase every Sunday." Email howdy@sociallydistantfest.com to perform. Find it at www.facebook.com/groups/sociallydistantfest.

Theatre Trivia Championship for Black Lives Matter! Encore! Sunday, June 21, 5-7 p.m. Virtual World, online. Theater nerds play against each other in the Super Bowl of Theatre trivia with categories like Contemporary Broadway Musicals, LGBTQIA+ in Theatre, Design Through Time, Female Playwrights and more. Winner(s) receive gift cards to black-owned businesses. Last event raised \$700. Via Zoom. See www.facebook.com/events/307049660292505 for details. Donation receipt to a BLM fund.

Trinity Alps Chamber Music Festival: "Visionaries and Luminaries." Saturday, June 20, 5 p.m. Virtual World, online. Featuring three musicians based in the San Francisco Bay-Area: cellist Evan Kahn, violinist Liana Berube and pianist Britton Day. To attend, register using an online form on the festival website at www.TrinityAlpsCMF.org. Pay what you can.

Quarantine Sing-along. Ongoing, 7 p.m. Virtual World, online. A Facebook group to join if you like fun group singing. Song of the day posted at 3 p.m., singing starts at 7 p.m. www.facebook.com/groups/quarantinesingalong. Free.

BOOKS & SPOKEN WORD

Reading in Place online book club. Saturdays, 1 p.m. Virtual World, online. Join the Humboldt County Library for a new online reading group with meetings via Zoom. Discuss a different short story each week and connect with other readers. Sign up using the Google Form link online or via the library's Facebook page and you'll receive an email with the Zoom meeting link to click when it's time to start. Free. www.humboldt.gov/Calendar.aspx?EID=5991&month=4&year=2020&day=25&calType=0. 269-1915.

Poetry on the Edge. Ongoing, noon. Virtual World, online. This Facebook group of Humboldt County poets (and lovers of poetry) is about living on the edge of the continent, on the edge because of the crazy pandemic we're living in, and because words give us a way to explore both the shadows and the light. Hosted by Eureka Poet Laureate David Holper. Free.

DANCE & MOVEMENT

Dancing Stars of Humboldt 2020 Now Streaming. Ongoing. Virtual World, online. Stream the March 14 show for a limited time. Contact dancingstarsofhum-

boldt@gmail.com with a photo of your ticket(s) or ticket numbers, and DSH will provide you with a "ticket" to the virtual show, or buy one for \$15. dancingstarsof-humboldt@gmail.com. 4411708.flickrrocket.com/us/All-Products/c/1. (888) 418-8346.

Hip Hop Dance Class with Cleo. Mondays, 2-3 p.m. Virtual World, online. Let loose with some easy footwork and isolation, while finding your own groove. Wear stretchy clothes and prepare space to jump around and shake what your mama gave ya. Donations of any amount can be sent through PayPal under Cleo_deorio@yahoo.com. Pay what you can. cleo_deorio@yahoo.com or Venmo under @cleodeorio. www.youtube.com/channel/UC3K_ieEdMDotn2qjZclKh2g. (567) 242-8953.

Modern Dance Class with Cleo. Thursdays, 10-11 a.m. Virtual World, online. A relaxing and explorative modern class from the comfort of your own home. Find balance, strength and flexibility amid the quarantine stress. Wear stretchy clothes and prepare space to sprawl out on the floor. This class will be hosted on YouTube Live and is pay-what-you-can. Donations of any amount can be sent through PayPal under Cleo_deorio@yahoo.com or Venmo under @cleodeorio. Pay what you can. cleo_deorio@yahoo.com. www.youtube.com/channel/UC3K_ieEdMDotn2qjZclKh2g.

Restorative Movement. Tuesdays and Thursdays, 10:30-11:30 a.m. & 1:30-2:30 p.m. Virtual World, online. This class includes breath work, relaxation, and a variety of yoga and non-yoga movement styles. Tuesday classes focus on strength and mobility. Thursday classes focus on relaxation and breath work. Contact instructor Ann Constantino for a link to the online class orientation. Free. annconstantino@gmail.com. www.sohumhealth.org. 923-3921.

Tabata. Mondays, Wednesdays, Fridays, 5:30-6:30 p.m. Virtual World, online. SoHum Health presents online Tabata classes. Tabata exercises are short, high intensity cardio workouts consisting of quick rounds of exercise at maximum effort, followed by 10 seconds of rest. Contact instructor Stephanie Finch by email for a link to the online class. Free. sfinch40@gmail.com. www.sohumhealth.org.

Zumba Live with Tigger. Tuesdays and Thursdays at 5:30 p.m. Virtual World, online. Via Facebook Live and Zoom. Find Tigger Bouncer Custodio on Facebook for details.

FOOD

Pulled Pork Drive-Thru Dinner. Friday, June 19, 5-6:30 p.m. Bridgeville Community Center, 38717 Kneeland Road. BridgeFest is canceled but still fundraising. Drive through and take home some pork that's out of this world. Call 777-1775 to reserve. \$15. BridgeFest Homemade Blueberry pies also available for \$20.

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. The Arcata Plaza Farmers' Market has a variety of fruits, vegetable, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Eureka Henderson Center Farmers Market. Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh and local fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Fortuna Farmers Market. Tuesdays, 3-6 p.m. Tenth and Main St., Fortuna. Local farmers bring fresh fruits, vegetables, plants starts, flowers and more. Visit the NCGA

website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Humboldt County farmers bring their fresh, locally grown fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

McKinleyville Farmers Market. Thursdays, 3-6 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. In the parking lot of the McKinleyville Eureka Natural Foods. Humboldt County farmers will be selling locally grown fruits, vegetables, plant starts, succulents, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. The Miranda Farmers' Market features Humboldt County farmers and vendors, bringing you fresh delicious food weekly. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Shelter Cove Farmers Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. Humboldt County farmers and vendors bring a variety of fruits, vegetables, plant starts, flowers and more. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Willow Creek Farmers Market. Thursdays, 6 p.m. Veteran's Park, 135 Willow Rd, Willow Creek. The Willow Creek Farmers' Market brings delicious locally grown food to Willow Creek. Visit the NCGA website to view updates and protocols to help us keep the market safe and open. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

KIDS

Boston Children's Museum Walk-through Tour. Ongoing. Virtual World, online. See the fun, educational exhibits from your couch. Free. www.bostonchildrensmuseum.org/museum-virtual-tour.

First 5 Music and Movement with Jose and Heather. Friday, June 19, 9:30-10:15 a.m., Monday, June 22, 9:30-10:15 a.m., Tuesday, June 23, 9:30-10:15 a.m. and Wednesday, June 24, 9:30-10:15 a.m. Virtual World, online. Sing, dance and move with Jose Quezada and Heather Shelton. Brought to you by First 5 Humboldt. See www.facebook.com/events/1941044446035540 for Zoom information.

Mondays with Michelle Obama. Mondays, 3 p.m. Virtual World, online. Read along with the former First Lady via PBS' Kids Facebook page and YouTube channel, and Penguin Random House's Facebook page.

Roald Dahl Museum Read Along. Ongoing. Virtual World, online. Fun and engaging resources for educators, parents and kids. www.roalddahl.com/things-to-do-indoors. Free.

San Diego Zoo Kids. Ongoing. Virtual World, online. Zoo videos, activities and games. www.kids.sandiegozoo.org. Free.

Virtual Circle Time. Mondays, 3-3:30 p.m. and Thurs-

days, 10 a.m.-10:30 p.m. Virtual World, online. Geared toward families and caregivers with children newborn to 5 years of age, however all family members are welcome. Children will have the opportunity to play games, practice stress-reducing activities and sing songs with one another in the safety and comfort of home. Song requests accepted by email at hstevens@cityofarcata.org or by messaging Arcata Play Center on Facebook. To join Arcata Play Center on Zoom, visit www.us02web.zoom.us/j/86022989325.

Virtual Field Trips. Ongoing. Virtual World, online. For kids (and grown-ups, too!) Visit the Great Wall of China, Anne Frank House, Monterey Bay Aquarium, International Space Station, The Louvre Museum and more. www.freedomhomeschooling.com/virtual-field-trips. Free.

Virtual Marine Camp for Kids. Mondays, 11 a.m. Virtual World, online. Seattle-based Oceans Initiative marine biologists and parents Erin Ashe and Rob Williams livestream Mondays simultaneously on Instagram and Facebook. No need to sign up. Just like and follow their pages, and they'll "see" you Mondays at 11 a.m. Free. [@oceansinitiative](https://www.facebook.com/OceansInitiative), www.oceansinitiative.org/blog.

Young Adult Book Club with Ms. Larissa. Thursday, June 25, 6-7 p.m. Virtual World, online. The June title for the Young Adult Book Club is *Frankenstein*. Access a free e-copy at www.gutenberg.org/files/42324/42324-h/42324-h.htm. This book group will meet, for now, via zoom video-conferencing. Contact us ahead of time to get your invitation. Free. www.facebook.com/events/1932490010216442. Call Tin Can Mailman at 822-1307, Monday-Friday, 11 a.m.-3 p.m., or Arcata Library, 822-5954, Tuesday to Saturday, 11 a.m.-5 p.m.

Zoom into Preschool Storytime with Ms. Sue. Saturday, June 13, 11-11:30 a.m. and Wednesday, June 17, 11-11:30 a.m. Virtual World, online. Bring rhythm sticks and shaker eggs for songs if you have them, but clapping hands will do just fine. Call 822-5954 or email sparsons@co.humboldt.ca.us to register and receive a Zoom invitation. Free. www.facebook.com/events/569553957039103.

Zoom into School-age Storytime with Ms. Sue. Fridays, 11-11:45 a.m. Virtual World, online. Zoom into stories for children in kindergarten through third grade. Call Arcata Library at 822-5954 Tuesday through Saturday between 11 a.m. and 5 p.m. for an invitation link. If no one answers, leave a message with your name, phone number and email address. Free. www.facebook.com/events/250401182925890.

LECTURE

20th Century Art in an Hour. Thursday, June 18, 2-3 p.m. Virtual World, online. Learn about art of the 20th century — 100 years, 1 hour, with Julie Alderson of HSU's Department of Art. In this lecture, Alderson will cover everything from Cubism and Dada to Conceptual Art and Postmodernism, in order to discover how modern art helped advance ideas about creativity, inclusivity and freedom. Zoom webinar. www.humboldtstate.zoom.us/j/98605423369. Free.

Of Poetry and Protest: From Emmitt Till to Trayvon Martin. Tuesday, June 16, 1-2 p.m. Virtual World, online. Read, listen and discuss the art that articulates black experiences. Zoom registration link at www.humboldt.libcal.com/event/6786767. Part of the Lifelong Learning Lounge (L4HSU) at Humboldt State University.

Social Justice Implications of a COVID-19 World. Wednesday, June 17, noon. Virtual World, online. Learn, review and discuss how the COVID-19 pandemic has

Continued on next page »

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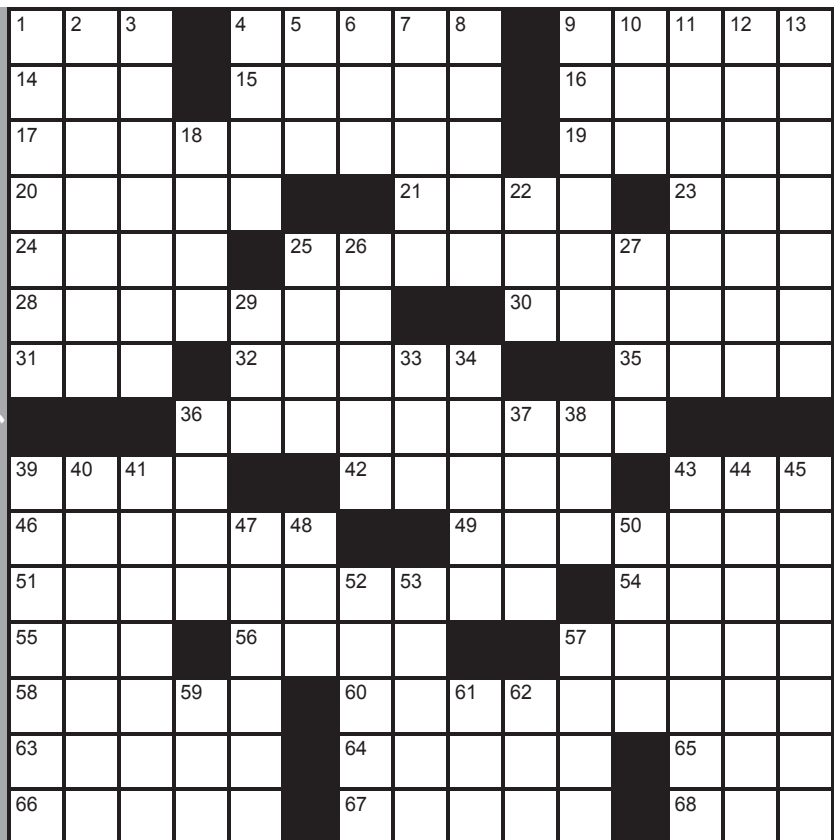
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TIE

ANSWERS NEXT WEEK!

ACROSS

1. Vietnam's Dien Bien
4. Arctic Circle sights
9. Cool red giant
14. Vert. opposite
15. Apply, as pressure
16. "It Wasn't All Velvet" memoirist Mel
17. Attention-getting shout to 1950s pinup queen Page?
19. Swung around
20. Three-star mil. rank
21. "Totes awesome, dude!"
23. Utah luggage tag initials
24. Galoot
25. Toking Oscar-winner McDaniel?
28. Cry after being duped
30. Average guy
31. Underhanded
32. Play at full volume
35. Little brother,

- stereotypically
36. Heckle the singer of "Only Wanna Be with You"?
39. Nickname for "The King of Clay"
42. Financial guru Suze
43. Escape ____
46. Improvises
49. Sitcom pal of Barbarino and Horshack
51. Put the A/C on for TV comedy pioneer Berle?
54. Cuba, por ejemplo
55. Grp. with the 1977 song "Rockaria!"
56. Amendment that prohibits U.S. presidents from running for a third term
57. Like argon or neon
58. Shopping binge
60. Finish like the 2019 Scripps National

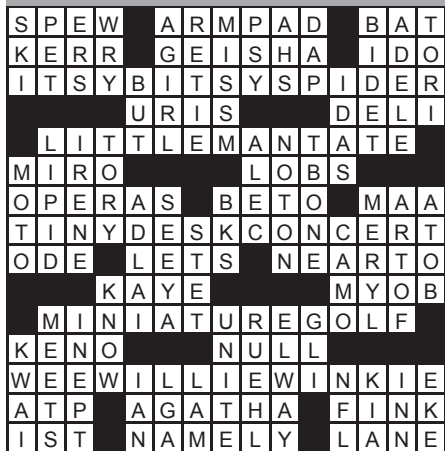
- Spelling Bee ... or what 17-, 25-, 36- and 51-Across do
63. "According to the grapevine ..."
64. Davis of "Thelma & Louise"
65. Loretta Lynch and Eric Holder: Abbr.
66. "Dagnabbit!"
67. Cyber-endorse
68. Jet last flown in 2003

DOWN

1. Diller who quipped "Housework can't kill you, but why take the chance?"
2. Nocturnal hunter with a distinctive call
3. An 1828 peace treaty created it as a buffer between Brazil and Argentina

4. Existed
5. Business card no.
6. No longer working: Abbr.
7. "Norwegian Dances" composer
8. Two-time NBA MVP Curry
9. It might reveal more than a simple X-ray
10. Note between fa and la
11. "Honest!"
12. Bedelia and Earhart
13. Paltry amount
18. Gambles
22. Smashing Pumpkins guitarist James
25. Divine circle
26. Location of about 1% of Yellowstone National Park
27. Kind
29. "Barry" network
33. Frat. counterpart
34. Actress Marisa
36. Help (out)
37. Duct ____
38. Job connections
39. Arrives breathlessly
40. Sax who invented the saxophone
41. Parquet pro
43. Spanish coins until 2002
44. Structures in the Gulf of Mexico
45. 23andMe service
47. Olympians since 2008
48. ____ Flags
50. Fey of "30 Rock"
52. Feudal lord
53. Points at the dinner table
57. Aerosmith's "Love ____ Elevator"
59. "Mangia!"
61. Opus ____
62. Dutch financial giant

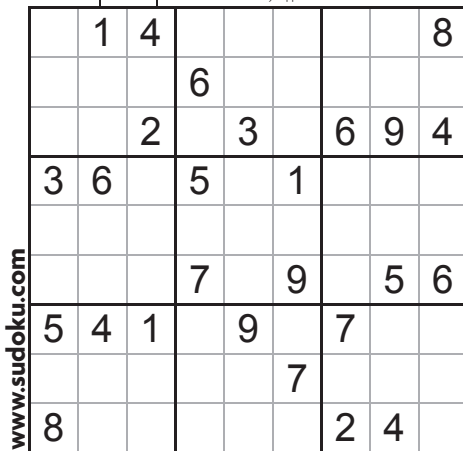
LAST WEEK'S ANSWERS TO SMALL-MINDED



su | do | ku

© Puzzles by Pappocom

MEDIUM #17



www.sudoku.com

NCJ CALENDAR

Continued from previous page

impacted marginalized people. Weekly topics include anti-Asian sentiment and xenophobia, the politics of face masks, the socio-economic and health impacts of COVID-19, and more. Zoom registration link at www.humboldt.libcal.com/event/6779999. Part of the Life-long Learning Lounge (L4HSU) at HSU.

Texting to Save Lives: Crisis Text Line Interactive Workshop. Monday, June 22, 1 p.m. Virtual World, online. Learn how the 24-hour line provides direct support for people in crisis through texting and the structural changes necessary to provide services through online mediums. Participants will use interactive small groups to analyze and apply large-scale data. With HSU Department of Communication's Maxwell Schnurer. Zoom webinar. www.humboldtstate.zoom.us/j/92203248329. Free.

Writing Recipes: Inspiration, Tools, and Resources. Tuesday, June 23, 3-4 p.m. Virtual World, online. Learn to look at online recipe sites for inspiration, evaluate what works, and explore online tools and resources for writing your recipes to share them in helpful formats. Register at Zoom: www.humboldtstate.zoom.us/joining/register/tjYsc-qtqTwsHtzTDnk8exNCvpCIsEWZ_X07.

MUSEUMS & TOURS

Buckingham Palace, Mount Vernon and More Historic Homes You Can Virtually Tour. Ongoing. Virtual World, online. Enjoy the stunning architecture and interior design of many significant homes from the comfort of your own couch. Go to www.housebeautiful.com/design-inspiration/g31677125/historic-homes-you-can-virtually-tour. Free.

Cultural, Historical and Scientific Collections You Can Explore Online. Ongoing. Virtual World, online. Tour world-class museums, read historic cookbooks, browse interactive maps and more. Visit www.smithsonianmag.com/smart-news/68-cultural-historical-and-scientific-collections-you-can-explore-online-180974475. Free.

Explore Mars. Ongoing. Virtual World, online. Explore the surface of Mars on the *Curiosity* rover. www.access-mars.withgoogle.com. Free.

Gardens You Can Virtually Tour. Ongoing. Virtual World, online. From Claude Monet's garden in France to the Hawaii Tropical Botanical Garden to Waddesdon Manor in England. Visit www.housebeautiful.com/lifestyle/gardening/g31746949/gardens-you-can-virtually-tour. Free.

Monterey Bay Aquarium Live Cams. Ongoing. Virtual World, online. View different live cams of Monterey Bay Aquarium exhibits. www.montereybayaquarium.org/animals/live-cams. Free.

California Native Plant Society Wildflower Show. Virtual World, online. The North Coast Chapter of the California Native Plant Society hosts photos of wildflowers and their habitats; presentations on pollination and pollinators; posters and slideshows about invasive plants, dune plants and Wiyot plants; and lessons on wildflower art. susanpenn60@gmail.com. www.north-coastcnps.org. 672-3346.

NASA Space Center's Hubble Space Telescope. Ongoing. Virtual World, online. Take a virtual tour of NASA Space Center's Hubble Space Telescope. www.nasa.gov/content/goddard/hubble-360-degree-virtual-tour. Free.

Panda Cam at the Zoo Atlanta. Ongoing. Virtual World, online. www.zooatlanta.org/panda-cam. Free.

Winchester Mystery House Virtual Tour. Virtual World, online. An exploration of the famously spooky home while it's closed for the COVID-19 pandemic. Follow Winchester Mystery House's Facebook page for the next opportunity to tune in for a walkthrough of the house,

which will stream on select days at 1 p.m. Free. www.winchestermysteryhouse.com/video-tour.

Yellowstone National Park Virtual Field Trip. Ongoing. Virtual World, online. Explore Mud Volcano, Mammoth Hot Springs and more. www.nps.gov/yell/learn/photos-multimedia/virtualtours. Free.

TV, MOVIES & THEATER

American Masters: Toni Morrison. Tuesday, June 23, 8 p.m. Documentary on the legendary author Toni Morrison. On KEET Channel 13.1.

Live at the Old Steeple: John Craigie & the Shook Twins. Saturday, June 20, 8 p.m. Renowned for his Americana style, Craigie pairs up with the Shook Twins from Portland, Oregon, to give you a new twist on folk music. On KEET TV Channel 13.1.

Miniplex Movie Premiers. Virtual World, online. Support the Miniplex and enjoy fresh art house cinema at home. New films in June include those on black experience in academia, Thomas Piketty's *Capital in the 21st Century*, Mexico culinary expert Diana Kennedy, a semi-autobiographical drama from Abel Ferrara starring Willem Dafoe, an Asian-American heist comedy benefiting Chinatown businesses, and the new 4K restoration of *The Grey Fox*. Check out films for two to five days (details online). www.miniplexevents.com/movies.

Minor Theater Movie Premiers. Virtual World, online. Support the Minor from your home theater. Check out films for three to five days (details online). Movies TBA. \$12. www.minortheatre.com.

ETC.

12 Wonderful Local Walks During This Time of Social Distancing. Thursday, June 18, 7-8 p.m. Virtual World, online. Join Rees Hughes, author of *Hiking Humboldt: 101 Shorter Day Hikes, Urban and Road Walks*, for a tour of some of his favorite walks in Humboldt County. Register for the Zoom event at www.facebook.com/events/2615155808722446.

Area Plan Public Hearing. Thursday, June 25, 10:30-11:45 a.m. Virtual World, online. Area 1 Agency on Aging invites members of the Humboldt County/Del Norte County senior communities and their supporters to join them and hear about the development of its 2020-24 Area Plan. This is a virtual (Zoom) public hearing. Link will be available at www.alaa.org/event/public-hearing-1.

Meditation with Sasha. Thursday, June 18, noon. Virtual World, online. This is a 15- to 20-minute guided meditation. This will be a yoga nidra session where you will explore mind body connection. Register at (Zoom): www.humboldtstate.zoom.us/joining/register/tj0qcOypqTsiH9BlzdokW4fjoDyftd8Pzek. Part of the LifeLong Learning Lounge (L4HSU) at HSU.

Solar and Net Energy Metering Webinar for Homes and Businesses. Tuesday, June 23, 10 a.m. and 5:30 p.m. Virtual World, online. The Redwood Coast Energy Authority invites the community to two sessions, first at 10 a.m. with a repeat at 5:30 p.m. Both webinars will include time at the end for attendees to ask questions. Register in advance on Zoom via RCEA's website: www.redwoodenergy.org/get-involved/repowerhour/home-business-solar-and-net-energy-metering-workshop/ www.RedwoodEnergy.org. 269-1700.

Weekly Check-in with Rep. Huffman. Wednesdays, noon. Virtual World, online. Rep. Jared Huffman (D-San Rafael) will hold Facebook Live check-ins to engage with his constituents on the latest updates regarding the novel coronavirus pandemic and to answer questions about the federal response. More information at www.huffman.house.gov/coronavirus. Free. www.facebook.com/rephuffman. ●

Nine COVID-19 Myths

By Barry Evans

fieldnotes@northcoastjournal.com

I know, I know. Articles on myths about coronavirus have been done to death. Yet every day the Whack-a-Mole claims pop up again — conspiracy stories, China, Big Pharma, what to eat to prevent infection, the vaccine just around the corner ...

Here, I'll try to shine a light on some of the more prevalent erroneous stuff. Two caveats: (1) I'm not a scientist, I'm a writer, albeit one with several decades researching and sorting out valuable from worthless information; (2) this pandemic is a moving target and what's true today may not pan out tomorrow. If in doubt, do your own research — that's why God gave us the internet. The World Health Organization and the Centers for Disease Control are two trustworthy places to start.

Myth #1: Alcohol consumption kills the virus

Remember back in March when we were told to wash our hands regularly or — in the absence of a convenient sink — to use a 70 percent alcohol solution to disinfect our hands? It does indeed kill viruses and bacteria on your skin, although soap does a better job dismantling the fatty bag in which the virus' RNA hides. But I guess that recommendation somehow transmogrified into, "Drink lots of booze and you're good!" Doesn't work that way (sadly). The World Health Organization says alcohol plays no role in supporting the immune system to fight a viral infection, whether it's Two Buck Chuck or fancy Glenlivet. The booze doesn't wash over the lining of your lungs where the virus is gaining a toehold on your body — if it did, you'd choke to death. Worse, there's some evidence that too much alcohol may harm your immune system.

Myth #2: Bleach takes care of it

According to the Centers for Disease Control, nearly four in 10 American adults

report cleaning food with bleach, using household disinfecting products on their skin or intentionally inhaling vapors from cleaning products as ways of staving off the virus. True, disinfectants help to eliminate germs on surfaces — not inside the body, though. There, they can cause serious harm. According to the Centers for Disease Control, calls to poison centers were up 20 percent compared to the same period last year, with a sharp increase in early March.

Myth #3: Summertime and the living will be easy

The common cold, caused by other coronaviruses, is more prevalent in winter than in summer, so there's some hope that warmer weather will slow down the pandemic. However, that hope may not hold with this novel virus — researchers point out that warmer places such as Singapore, India, Iran, Brazil and Louisiana have seen large outbreaks of COVID-19.

Myth #4: Blame it on 5G

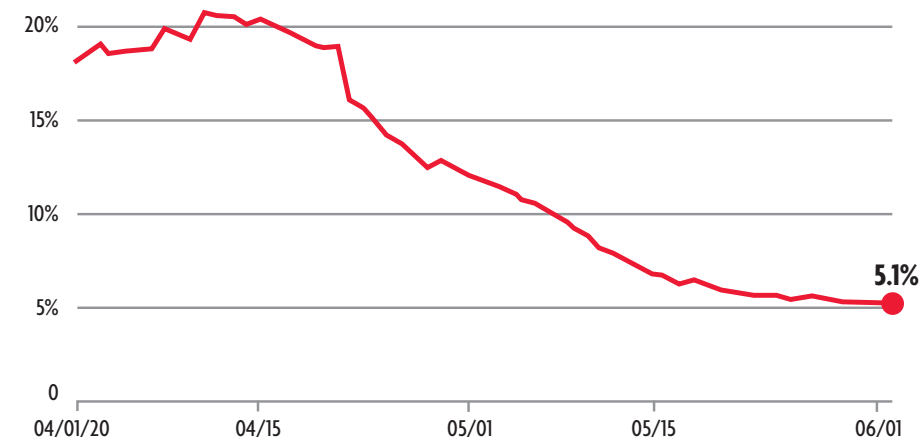
Europe has seen a spate of attacks on 5G communication towers — 50 in the UK in April and more in the Netherlands, Ireland, Cyprus and Belgium. The claim is that radiation from 5G networks damages the human immune systems, or that 5G actually spreads the virus. It doesn't: The virus is spread via respiratory droplets when an infected person coughs, sneezes or speaks, or by touching your face after being in contact with a contaminated surface. Ironically, the same high-speed communication links being attacked are what help hospitals and emergency services to provide care to people during the pandemic.

Myth #5: Six feet is safe social distancing

Kinda-sorta. The magic 6 feet (2 meters in enlightened countries) derived from exper-

Percentage of people testing positive for the COVID-19 virus in the U.S., seven-day average

Adapted from New York Times graphic, data from the COVID Tracking Project.



iments in the 1930s, measuring how far a sneeze could travel. Turns out, 3 feet is pretty good — the chance of transmission goes down from 13 percent to 3 percent when you stand back more than 3 feet from someone infected. At 6 feet, the chance drops by half, then half again for another 3 three feet (up to about 10 feet). More to the point, a facemask prevents most droplets from getting out if the infected person coughs or sneezes.

Myth #6: You should always wear a mask outside

The above notwithstanding, the chance of casual infection from passing someone outside when neither of you wears a facemask is pretty remote. Researchers in China (as reported in the preprint server MedRxiv in April) traced the origin of 7,324 Covid-19 cases. Of those, just one outbreak involving two people occurred outdoors.

Myth #7: Hand dryers/microwave ovens kill the virus

Hand dryers dry hands, right? They don't kill viruses at the usual temperatures at which they operate. But since the virus can transfer more easily with wet hands than dry ones, it's important to dry yourself after washing with soap and water, preferably with a clean towel. Or sure, use a hand dryer.

Microwaves kill germs by heating the liquid part of food — mainly water — to high temperatures, not by radiation. Sticking a dry cloth facemask in your microwave oven isn't a good way to disinfect it. It is a good way to start a fire, though.

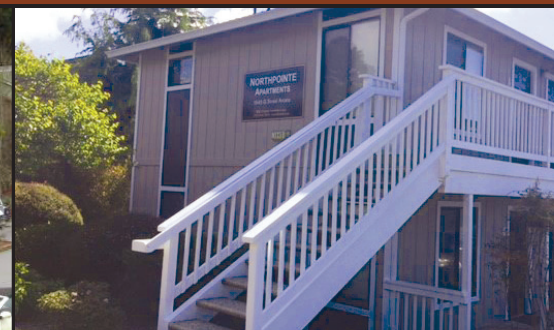
Myth #8: Vitamin C's the cure. Or garlic. Or elderberries ...

No, no and no. At this point, there's no approved treatment for COVID-19. The antiviral drug remdesivir is being used under "emergency use" authorization for COVID-19 patients and is being tested in several hospitals in the U.S., including St. Joseph's in Eureka. (Remdesivir was somewhat effective in treating the 2013-2016 Ebola virus epidemic in West Africa, although not as effective as other treatments.)

Myth #9: It's getting worse across the board

What's true is that the actual number of people infected with the virus is still increasing — in California, in the U.S. and mostly worldwide. What gives some room for hope, however, is that as testing ramps up, the percentage of people testing positive is going down. See the accompanying graph: From April 1 to June 1, the percentage of people testing positive has dropped by about 75 percent. ●

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STEEL DRUM CLASSES. Weekly Beginning Class: Level 2 Beginners Class Fri's. 11:15a.m.-12:45p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-1231)

Fitness

QI GONG FOR IMMUNE BOOSTING AND LUNG HEALTH (ONLINE) Jul 13 - 27. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (F-0618)

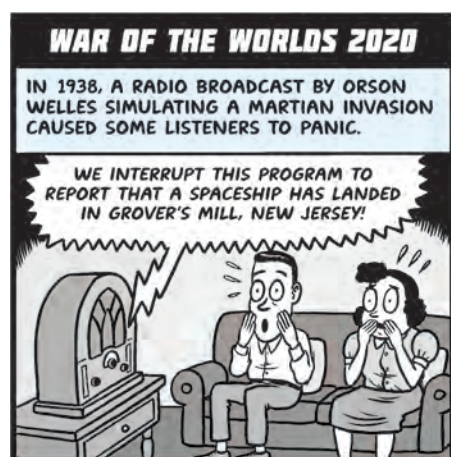
SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

50 and Better

OLLI ONLINE CLASSES: Shelter in place but stay connected with OLLI. Get more information or register @HSUOLLI (O-1231)

OLLI ONLINE: CAREGIVING IN THE TIME OF COVID: COMMUNICATION & NAVIGATING CHALLENGING CONVERSATIONS WITH JAMIE JENSEN AND PHOEBE CELITTI. Explore the unique challenges of family caregiving in the context of a pandemic and get tools and resources for coping. Wed., June 24 from 2-4 p.m. OLLI Members \$20. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0618)

NCJ CARTOONS



Spiritual

EVOLUTIONARY TAROT Ongoing Zoom classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-1231)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0130)

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1231)

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SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (T-1231)

SMART ON ZOOM 707 267 7868. (T-0625)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-1231)

Vocational

BEGINNING EXCEL (ONLINE) Jun 29 - Jul 8. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

EMERGING LEADERS INSTITUTE: LEADERSHIP IN THE TIME OF COVID 19 (ONLINE) Jun 22 - Jul 17. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

EXPLORING ASTRONOMY ESESSIONS (ONLINE) Jun 29 - Jul 16. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

FREE AMERICAN SIGN LANGUAGE CLASSES Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0604)

FREE BEGINNING LITERACY CLASS Call College of The Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0604)

FREE COMPUTER SKILLS CLASS Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0604)

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FREE LIVING SKILLS FOR ADULTS WITH DISABILITIES Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0604)

FROM ILLEGALITY TO ILLUMINATION: CANNABIS IN HISTORY (ONLINE) Jun 23 - 25. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

INTERMEDIATE EXCEL (ONLINE) Jul 13 - 22. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

PHARMACY TECHNICIAN (ONLINE) Sep 12, 2020 - Feb 6, 2021. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

PLAIN AND FANCY: THE CULTURE OF THE PENNSYLVANIA DUTCH (ONLINE) Aug 4 - 6. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

REAL ESTATE CORRESPONDENCE Become a Real Estate Agent. Start anytime! Visit <https://www.redwoods.edu/communityed/Real-Estate> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

THE FOREST BENEATH THE CLOUDS: THE CHINESE IN NORTHWESTERN CALIFORNIA (ONLINE) Jul 21 - 23. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0618)

Wellness & Bodywork

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Beginning with Herbs. Sept 16 - Nov 4, 2020, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances. 10-Month Herbal Studies Program. Feb - Nov 2021. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Register online www.dandelionherb.com or call (707) 442-8157. (W-0528)

MINDFUL PARENTING (ONLINE) Jul 6 - Aug 10. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (W-0618)

MINDFULNESS FOR ANXIETY AND STRESS RELIEF (ONLINE) Jul 15 - Aug 12. Visit <https://www.redwoods.edu/communityed/Online> or call CR Workforce & Community Education for more information at (707) 476-4500. (W-0618)

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Free Will Astrology

Week of June 18, 2020

By Rob Brezсны
freewillastrology@freewillastrology.com

ARIES (March 21-April 19): My Aries friend Lavinia told me, “The fight I’m enjoying most lately is my fight to resist the compulsion to fight.” I invite you to consider adopting that attitude for the foreseeable future. Now and then, you Rams do seem to thrive on conflict, or at least use it to achieve worthy deeds—but the coming weeks will not be one of those times. I think you’re due for a phase of sweet harmony. The more you cultivate unity and peace and consensus, the healthier you’ll be. Do you dare act like a truce-maker, an agreement-broker, and a connoisseur of rapport?

TAURUS (April 20-May 20): “The answers you get depend upon the questions you ask,” wrote physicist and philosopher Thomas Kuhn. That’s always true, of course, but it’s especially true for you right now. I recommend that you devote substantial amounts of your earthly intelligence to the task of formulating the three most important questions for you to hold at the forefront of your awareness during the rest of 2020. If you do, I suspect you will ultimately receive answers that are useful, interesting, and transformative.

GEMINI (May 21-June 20): “A finished person is a boring person,” writes author Anna Quindlan. I agree! Luckily, you are quite unfinished, and thus not at all boring—especially these days. More than ever before, you seem willing to treat yourself as an art project that’s worthy of your creative ingenuity—as a work-in-progress that’s open to new influences and fresh teachings. That’s why I say your unfinishedness is a sign of good health and vitality. It’s delightful and inspiring. You’re willing to acknowledge that you’ve got a lot to learn and more to grow. In fact, you celebrate that fact; you exult in it; you regard it as a key part of your ever-evolving identity.

CANCER (June 21-July 22): “To hell with pleasure that’s haunted by fear,” wrote Cancerian author Jean de La Fontaine. I’ll make that one of my prayers for you in the coming weeks. It’s a realistic goal you can achieve and install as a permanent improvement in your life. While you’re at it, work on the following prayers, as well: 1. To hell with bliss that’s haunted by guilt. 2. To hell with joy that’s haunted by worry. 3. To hell with breakthroughs that are haunted by debts to the past. 4. To hell with uplifts that are haunted by other people’s pessimism.

LEO (July 23-Aug. 22): Experiment #1: As you take a walk in nature, sing your five favorite songs from beginning to end, allowing yourself to fully feel all the emotions those tunes arouse in you. Experiment #2: Before you go to sleep on each of the next eleven nights, ask your dreams to bring you stories like those told by the legendary Scheherazade, whose tales were so beautiful and engaging that they healed and improved the lives of all those who heard them. Experiment #3: Gaze into the mirror and make three promises about the gratifying future you will create for yourself during the next 12 months.

VIRGO (Aug. 23-Sept. 22): Vincent van Gogh’s painting *The Starry Night* is one of the world’s most treasured paintings. It has had a prominent place in New York’s Museum of Modern Art since 1941. If it ever came up for sale it would probably fetch over \$100 million. But soon after he created this great masterpiece, van Gogh himself called it a “failure.” He felt the stars he’d made were too big and abstract. I wonder if you’re engaging in a comparable underestimation of your own. Are there elements of your life that are actually pretty good, but you’re not giving them the credit and appreciation they deserve? Now’s a good time to reconsider and re-evaluate.

LIBRA (Sept. 23-Oct. 22): Now is a favorable time to make adjustments in how you allocate your attention—to re-evaluate what you choose to focus on. Why? Because some people, issues, situations, and experiences may not be worthy of your intense care and involvement, and you will benefit substan-

tially from redirecting your fine intelligence in more rewarding directions. To empower your efforts, study these inspirational quotes: “Attention is the rarest and purest form of generosity.” —philosopher Simone Weil. “Attention is the natural prayer of the soul.” —philosopher Nicolas Malebranche.

SCORPIO (Oct. 23-Nov. 21): Scorpio poet Marianne Moore’s poem “O To Be a Dragon,” begins with the fantasy, “If I, like Solomon, could have my wish . . .” What comes next? Does Moore declare her desire to be the best poet ever? To be friends with smart, interesting, creative people? To be admired and gossiped about for wearing a tricorn hat and black cape as she walked around Greenwich Village near her home? Nope. None of the above. Her wish: “O to be a dragon, a symbol of the power of Heaven—of silk-worm size or immense; at times invisible. Felicitous phenomenon!” In accordance with astrological omens, I invite you to be inspired by Moore in the coming weeks. Make extravagant wishes for lavish and amusing powers, blessings, and fantastic possibilities.

SAGITTARIUS (Nov. 22-Dec. 21): “Poems, like dreams, are a sort of royal road to the unconscious,” writes author Erica Jong. “They tell you what your secret self cannot express.” I invite you to expand that formula so it’s exactly suitable for you in the coming weeks. My sense is that you are being called to travel the royal road to your unconscious mind so as to discover what your secret self has been unable or unwilling to express. Poems and dreams might do the trick for you, but so might other activities. For example: sexual encounters between you and a person you respect and love; or an intense night of listening to music that cracks open the portal to the royal road. Any others? What will work best for you?

CAPRICORN (Dec. 22-Jan. 19): “We must combine the toughness of the serpent and the softness of the dove, a tough mind and a tender heart.” Capricorn hero Martin Luther King, Jr. said that, and now I’m conveying it to you. In my astrological opinion, his formula is a strategy that will lead you to success in the coming weeks. It’ll empower you to remain fully open and receptive to the fresh opportunities flowing your way, while at the same time you’ll remain properly skeptical about certain flimflams and delusions that may superficially resemble those fresh opportunities.

AQUARIUS (Jan. 20-Feb. 18): “If it makes you nervous—you’re doing it right,” says the daring musician and actor Donald Glover. Personally, I don’t think that’s true in all situations. I’ve found that on some occasions, my nervousness stems from not being fully authentic or being less than completely honest. But I do think Glover’s formula fully applies to your efforts in the coming weeks, Aquarius. I hope you will try new things that will be important to your future, and/or work to master crucial skills you have not yet mastered. And if you’re nervous as you carry out those heroic feats, I believe it means you’re doing them right.

PISCES (Feb. 19-March 20): Piscean author Patricia Hampl understands a lot about the epic tasks of trying to know oneself and be oneself. She has written two memoirs, and some of her other writing draws from her personal experiences, as well. And yet she confesses, “Maybe being oneself is always an acquired taste.” She suggest that it’s often easier to be someone you’re not; to adopt the ways of other people as your own; to imitate what you admire rather than doing the hard work of finding out the truth about yourself. That’s the bad news, Pisces. The good news is that this year has been and will continue to be a very favorable time to ripen into the acquired taste of being yourself. Take advantage of this ripening opportunity in the coming weeks! ●

LEGAL NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF ROBERT TODD STOPNIK CASE NO. PR2000114

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of ROBERT TODD STOPNIK

A PETITION FOR PROBATE has been filed by Petitioner, RHIANNON S. CUNNINGHAM, FAMILY FIDUCIARY SERVICES

In the Superior Court of California, County of Humboldt. The petition for probate requests that RHIANNON S. CUNNINGHAM, FAMILY FIDUCIARY SERVICES be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on July 16, 2020 at 2:00 p.m. For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER: Thomas B. Hjerpe, Esq.
Law Office of Hjerpe & Godinho LLP
350 E Street
First Floor
Eureka, CA 95501
SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

6/11, 6/18, 6/25 (20-131)

NOTICE OF TRUSTEE'S SALE COMPLIANCE WITH CALIFORNIA CIVIL CODE SECTION 2923.3 WAS NOT REQUIRED BECAUSE THE LOAN IS SECURED BY VACANT LAND.

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED NOVEMBER 10, 2015. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier’s check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein.

TRUSTOR: Dana Hudson, a married man, dealing with his separate

Continued on next page »

property
DULY APPOINTED TRUSTEE: Harland Law Firm LLP
DEED OF TRUST RECORDED: November 10, 2015
INSTRUMENT NUMBER: 2015-023136
-5 of the Official Records of the Recorder of Humboldt County, California
DATE OF SALE: July 10, 2020 at 11:00 A.M.
PLACE OF SALE: Front entrance to the County Courthouse, 825 Fifth Street, Eureka, CA 95501

THE COMMON DESIGNATION OF THE PROPERTY IS PURPORTED TO BE: Vacant Land. Directions to the property may be obtained by pursuant to a written request submitted to Harland Law Firm LLP, 212 G Street, Suite 201, Eureka, CA 95501, within 10 days from the first publication of this notice.

See Exhibit "A" attached hereto and made a part hereof for the Legal Description.

Amount of unpaid balance and other charges as of June 8, 2020: \$212,265.02

Beneficiary may elect to open bidding at a lesser amount.

The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice.

NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to fee and clear ownership of the property. You should also be aware that

FOUND: FIREARM FOUND IN OCTOBER 2018 IN THE VICINITY OF KNEELAND CALIFORNIA.

Pursuant to Sec 2080.3 of the Civil Code, the property, having been stored for over 90 days, has not been claimed and is hereby advertised as found. If not claimed within 7 days of this published notice, title to said property will vest in the finder after payment of publication costs. Owner may produce proof of ownership and claim this property at the Humboldt County Sheriff’s Office, 826 Fourth Street, Eureka, Monday through Friday 8:00AM – 4:00PM.



REQUEST FOR BIDS - AUDIT SERVICES NEEDED

First 5 Humboldt, a local government agency, seeks Bids for conducting our Annual Financial Audit.
see www.first5humboldt.org for details. Bids Due 6/30/2020

Homework: What is the greatest gift you have to offer your fellow humans? Have you found good ways to give it? FreeWillAstrology.com

the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at (707) 444-9281. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information. The best way to verify postponement information is to attend the scheduled sale.

DATED: This 8th day of June, 2020 in the city of Eureka, and the county of Humboldt, California. Harland Law Firm LLP

John S. Lopez, Attorney, and Trustee for Beneficiary Linda S. Citron, Sole Remaining Trustee of the June Kropp Giffin Trust FBO Zachary Ambrose Giffin dated July 24, 1998

6/18, 6/25, 7/5

Citation to Parent In and for the Superior Court of California County of Humboldt In the matter of the adoption petition of Brandy Pancoast, Adopting Parent Case number AD2000013
TO: CHELSEY ISREAL.

By order of this court you are hereby advised that you may appear before the judge presiding in Department 6 of this court on 6/30/2020 at 8:30am then and there to show cause, if any you have, why Payten Maire Pancoast and Richard Lee Pancoast, III, should not be declared free from your custody and control for the purpose of freeing Payten Maire Pancoast and Richard Lee Pancoast, III for placement for adoption. The following information concerns rights and

procedures that relate this proceeding for termination of custody and control of said minor as set forth in Family Code Section 7860 et seq.:
1. At the beginning of the proceeding the court will consider whether or not the interests of the minor children require the appointment of counsel. If the court finds that the interests of the minor do require such protection, the court will appoint counsel to represent them, whether or not they are able to afford counsel. The minor will not be present in court unless the court so orders.
2. If a parent of the minor appears without counsel and is unable to afford counsel, the court must appoint counsel for the parent, unless the parent knowingly and intelligently waives the right to be represented by counsel. The court will not appoint the same counsel to represent both the minor and his parent.
3. The court may appoint private counsel. If private counsel is appointed, he or she will receive a reasonable sum for compensation and expenses, the amount of which will be determined by the court. That amount must be paid by the real parties in interest, but not by the minor, in such proportions as the court believes to be just. If, however, the court finds that any of the real parties in interest cannot afford counsel, the amount will be paid by the County.
4. The court may continue the proceeding for not more than thirty (30) days as necessary to appoint counsel to become acquainted with the case.

DATED: May 15, 2020

Katrina W, Clerk
KIM M. BARTLESON
By: Katrina W

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.

The undersigned will sell at auction by competitive bidding on the 24th of June, 2020, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage.

The following spaces are located at 4055 Broadway Eureka, CA, County of Humboldt.

Luis Cruz Guizar, Space # 5044
Robert Lopez-Fregoso, Space # 5103
Justin Fishman, Space # 5201 (Held in Co. Unit)
Richard Dunning, Space # 5204
Katlin Coyle, Space # 5221

Gavan Jones, Space # 5231
Dennis Beaty, Space # 5241 (Held in Co. Unit)
Denise Watson, Space # 5248
Samuel Gonzalez, Space # 5284
Celia Clark, Space # 5449

The following spaces are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Daniel Bennett, Space # 2104
Jonathan Glinsey, Space # 2307
Alyssa Andrews, Space # 2808
Rebecca Hoehn, Space # 2815
Richard Gunshefski, Space # 3301
Cory LeMaster, Space # 3307
Justin Alora-Bryant, Space # 3309
Jeanette Lenihan, Space # 3413
Penny Lucas, Space # 3608
Darren Rick, Space # 3630

The following spaces are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Jasmine Manson, Space # 1170
Elizabeth Olson, Space # 1206 (Held in Co. Unit)
Craig Mooslin, Space # 1209
Charles Petersen, Space # 1223
Stacy Lane, Space # 1385
Craig Mooslin, Space # 1404
Craig Mooslin, Space # 1406
Marcus Zamarripa, Space # 1410
Joseph Meydam, Space # 1677
Sarah Fivgas, Space # 1724
Randy Kobici, Space # 1728
Robert Moorehead, Space # 1787
Matthew Sigler, Space # 1804
Aurora Hope, Space # 1815

The following spaces are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Anita Thomas, Space # 129
Remy Dillard, Space # 160 (Held in Co. Unit)
Craig Mooslin, Space # 164
Jesus Martinez, Space # 257
Gary Upshaw, Space # 268
Craig Mooslin, Space # 287
Aurora Hope, Space # 326
Aurora Hope, Space # 406
Chris Berry, Space # 449
Angela Johnston, Space # 549
Mark Roberts, Space # 552 (Held in Co. Unit)
Verneva Abbott, Space # 565
Caitlin Christin, Space # 582 (Held in Co. Unit)
Christel Williams, Space # 715
Nicholas Semancik, Space # 735
Ty Moser, Space # 776
Wendy Davison, Space # 781
Donna Dale, Space # 806

The following spaces are located at 1641 Holly Drive McKinleyville, CA, County of Humboldt and will be sold immediately following the sale of the above units.

Cody Johns, Space # 1113
Kevin Crawford, Space # 2110
Ricky Arndt, Space # 2115
Ricky Arndt, Space # 2204
Danny Lloyd, Space # 2236
Edgar Dixon, Space # 3116
Alexander Claybon, Space # 3122
Cameron Brunty, Space # 3211 (Held in Co. Unit)
Marc Cerda, Space # 3226 (Held in Co. Unit)
David Dematos, Space # 3264 (Held in Co. Unit)
Isaac Williams, Space # 7208
Thomas Diolosa, Space # 8101
Kenneth Werre, Space # 8110

The following spaces are located at 2394 Central Avenue McKinleyville CA, County of Humboldt and will be sold immediately following the sale of the above units.

Matt Henry, Space # 9230
Joshua Pike, Space # 9309
Karen Starkey, Space # 9405
Paulo Martin, Space # 9421

The following spaces are located at 180 F Street Arcata CA, County of Humboldt and will be sold immediately following the sale of the above units.

Darren Rick, Space # 4012
Zachery Lumley, Space # 4116
Teresa Miranda, Space # 4541
Louis Simmons, Space # 4602
James Whipkey, Space # 4705
Myer Gold, Space # 4732
Ryan West, Space # 6117 (Held in Co. Unit)
Elisabeth Edwards, Space # 7028
Fernando Castano, Space # 7032
Kenneth Werre, Space # 7090

The following spaces are located at 940 G Street Arcata CA, County of Humboldt and will be sold immediately following the sale of the above units.

James Schmittou, Space # 6324
Timothy McManus Jr., Space # 6422
Renee Perras, Space # 6463

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc.

County Public Notices
Fictitious Business
Petition to
Administer Estate
Trustee Sale
Other Public Notices

boxes and bags contents unknown.

Anyone interested in attending Rainbow Self Storage auctions must pre-qualify. For details call 707-443-1451.
Purchases must be paid for at the time of the sale in cash only. All pre-qualified Bidders must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchased items are sold as is, where is and must be removed at time of sale. Sale is subject to cancellation for any reason whatsoever.
Auctioneer: Kim Santsche, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.

Dated this 11th day of June, 2020 and 18th day of June, 2020 (20-132)

FICTITIOUS BUSINESS NAME STATEMENT 20-00215
The following person is doing Business as
TRADITIONAL THAI MASSAGE BY JOY HOLLAND

Humboldt
1515 G St.
Arcata, CA 95503

**Joy C Holland
36 Ole Hansen
Eureka, CA 95503**

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Lynn M. Jones, Owner
This May 5, 2020
KELLY E. SANDERS
by tn, Humboldt County Clerk

6/4, 6/11, 6/18, 6/25 (20-128)

FICTITIOUS BUSINESS NAME STATEMENT 20-00247
The following person is doing Business as
B K PLUMBING

Humboldt
183 Palmer Blvd
Fortuna, CA 95540

**Brian Kovats
183 Palmer Blvd
Fortuna, CA 95540**

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true

any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Brian Kovats, Owner
This May 22, 2020
KELLY E. SANDERS
by tn, Humboldt County Clerk

6/11, 6/18, 6/25, 7/2 (20-129)

FICTITIOUS BUSINESS NAME STATEMENT 20-00248
The following person is doing Business as
OTB GLASS

Humboldt
1760 Baird Rd
McKinleyville, CA 95519

**Brittney R Fehn
1760 Baird Rd
McKinleyville, CA 95519**

**Michael K Fehn
1760 Baird Rd
McKinleyville, CA 95519**

The business is conducted by a Married Couple.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s/ Brittney Fehn
This May 14, 2020
KELLY E. SANDERS
by kt, Humboldt County Clerk

6/11, 6/18, 6/25, 7/2 (20-130)

FICTITIOUS BUSINESS NAME STATEMENT 20-00263
The following person is doing Business as
HUMBOLDT RENEGADE FARMS

Humboldt
25 Sesame Loop
Garberville, CA 95542

1845 Upper Chamise Loop
Garberville, CA 95542

**Lion's Den Farms LLC
CA 201833410101
25 Sesame Loop
Garberville, CA 95542**

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a

misdeemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s David Muennink, Owner
This May 26, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

6/18, 6/18, 6/25, 7/2 (20-136)

FICTITIOUS BUSINESS NAME STATEMENT 20-00254

The following person is doing Business as
AZALEA & CREW

Humboldt
3556 E St
Eureka, CA 95503

Mailee Yang
3556 E St
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Mailee Yang, Owner
This May 27, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

6/18, 6/25, 7/2, 7/9 (20-0)

FICTITIOUS BUSINESS NAME STATEMENT 20-00256

The following person is doing Business as
**HUMBOLDT CANNABIS TOURS
HUM VAN**

Humboldt
3215 Halfway Ave Unit A
McKinleyville, CA 95519

Black Dog Travel LLC
CA 201513810465
3215 Halfway Ave Unit A
McKinleyville, CA 95519

The business is conducted by a Limited Liability Company.
The date registrant commenced to transact business under the fictitious business name or name listed above on June 4, 2015.
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Matthew Scott Kurth, CEO
This June 2, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

6/18, 6/25, 7/2, 7/9 (20-0)

FICTITIOUS BUSINESS NAME STATEMENT 20-00261

The following person is doing Business as
COMFORTABLE EFFICIENCY

Humboldt
4060 Dows Prairie Rd
McKinleyville, CA 95519

Shawn E Ellsworth
2545 Daffodil Ave
McKinleyville, CA 95519

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s Shawn Ellsworth, Owner
This June 1, 2020
KELLY E. SANDERS
by sc, Humboldt County Clerk

6/18, 6/25, 7/2, 7/9 (20-0)

LEGALS?

County Public Notices

Fictitious Business

Petition to
Administer Estate

Trustee Sale

Other Public Notices

442-1400 x314

ORDER TO SHOW CAUSE FOR CHANGE OF NAME DEBORAH COLETTE AITKEN CASE NO. CV2000587 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501

PETITION OF:
DEBORAH COLETTE AITKEN
for a decree changing names as follows:

Present name
DEBORAH COLETTE AITKEN
to Proposed Name
COLETTE HETLAND
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: July 24, 2020
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: June 9, 2020
Filed: June 10, 2020
/s/ Kelly L. Neel
Judge of the Superior Court

6/18, 6/25, 7/2, 7/9 (20-0)

EMPLOYMENT

Continued on next page »

Opportunities

AMERICAN STAR PRIVATE SECURITY

Is now hiring. Clean record.
Drivers license required.
Must own vehicle. Apply at
922 E Street, Suite A, Eureka
(707) 476-9262.

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Competitive salary,
benefits. Email
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NOW HIRING!

Are you passionate about making a difference in your community? Are you tired of mundane cubicle jobs and want to join a friendly, devoted community with limitless potential?

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Many diverse positions to choose from with great benefits, retirement packages, and solid pay. Learn more and apply today at hcoe.org/employment

Find what you're looking for in education!

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Seeking full-time motivated individuals eager to develop and manage sales programs across print, web and mobile platforms.

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sequoiapersonnel.com
2930 E St., Eureka, CA 95501
(707) 445.9641

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Welder/Fabricator • Lumber Yard Retail
Production Laborers**



The City of Rio Dell
is now accepting
applications for

UTILITY WORKER I/II

(\$27,400 - \$33,939 + Benefits)

This is a hands-on position involving the maintenance and repair of City facilities, systems and equipment. This position will require employee to be on-call and reside in or within 30 minutes of Rio Dell. The work involved is physically demanding.

Applications may be obtained at
675 Wildwood Ave, www.cityofriodell.ca.gov
or call (707)764-3532. Positions are open until filled. Compensation study underway.



The City of Rio Dell
is now accepting
applications for

COMMUNITY SERVICE OFFICER

(\$39,985 - \$45,003 + Benefits)

Position will perform Code Enforcement and Animal Control duties as a primary function with general support to the Police Department and other city departments as needed. Prior experience in enforcement a plus.

Candidate must demonstrate strong reading, writing and verbal communication skills.

Applications may be obtained at 675 Wildwood Avenue, www.cityofriodell.ca.gov
or call (707)764-3532. Positions are open until filled. Compensation study underway.

Make a Difference IN YOUR COMMUNITY

California
MENTOR
Family Home Agency

Call Sharon at
(707) 442-4500

California MENTOR is seeking families with an available bedroom in their home to share with an adult with special needs. Receive ongoing support and a generous, monthly payment.

MentorsWanted.com



Redwood Community Action Agency is hiring for the following positions:

Raven Program Coordinator FT \$18-19/hr

Family Support Specialists FT-PT \$13.50/hr

Case Worker FT \$15/hr

Youth Shelter Workers PT \$13.50/hr

NRS Restoration Field Crew FT-PT \$14/hr

NRS Restoration Field Crew Supervisor FT \$18-22

Energy Services Weatherization Field Crew FT \$16/hr

Energy Services Intake Specialists FT \$14/hr

Go to WWW.RCAA.ORG for a complete job description & req'd application.

THE NORTH COAST JOURNAL IS HIRING SALES REPS



BASE SALARY + COMMISSION + BENEFITS

Seeking full-time motivated individuals eager to develop and manage sales programs across print, web and mobile platforms.

Apply by emailing your resume to
melissa@northcoastjournal.com



The City of Rio Dell is now accepting applications for
POLICE OFFICER
(\$43,705 - \$49,190 + Benefits)

Open to entry level & laterals. Candidate must have POST certification and be 21 years of age by the time of appointment.

Applications may be obtained at 675 Wildwood Ave, www.cityofriodell.ca.gov or call (707)764-3532. Positions are open until filled. Compensation study underway.



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AND DESCRIPTIONS

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The Hoopa Valley Tribe is accepting applications to fill the following vacant position

ASSOCIATE TRIBAL ATTORNEY

The Hoopa Valley Tribe, a federally recognized Indian Tribe located in Hoopa, CA, seeks an attorney to fill the position of Associate Tribal Attorney. The successful candidate will serve in the Office of Tribal Attorney and will provide a broad range of legal services to the Hoopa Valley Tribal Council, Chairperson tribal departments and entities, including consultation, research, drafting, representation in administrative proceedings, and other duties as assigned.

Contractual, **Salary: DOE.**

MINIMUM QUALIFICATIONS:

- Minimum of one (1) to five (5) years practicing law; at least two (2) years practicing Federal Indian Law or Administrative/Governmental Law (preferred).
- Juris Doctorate Degree.
- Member in good standing of any state bar; California Bar Membership (highly desired) or willing to obtain California Bar membership within one year of hire.
- Outstanding writing, research and communication skills required.
- Experience in employment law, civil litigation, contracts and business law, and tax law preferred.
- Must possess a valid CA Driver's License (or able to obtain within 10 days of hire) and be insurable.
- Preference will be given to qualified Native American Indian applicants.

This position classified safety-sensitive.

DEADLINE TO APPLY: July 16, 2020

Submit application, cover letter, resume and writing sample to:

Human Resources Department

Hoopa Valley Tribe

P.O. Box 218

Hoopa, CA 95546

Or call (530) 625-9200 ext. 20,

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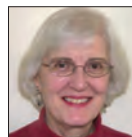
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WILLOW CREEK – HOME ON ACREAGE - \$1,150,000

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BURNT RANCH – LAND/PROPERTY - \$299,000

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BIG LAGOON – LAND/PROPERTY - \$375,000

±55 Acres featuring great roads, Redwoods, and views of Stone & Big Lagoons. Permits in place for water/septic/solar awaiting your development!



NEW LISTING!

MAD RIVER – LAND/PROPERTY - \$329,000

±55 Acres in Humboldt near the County line. Property features a small cabin, barn, year round spring, meadows, and oak woodlands. Elevation at approximately 4,000'.

DINSMORE – HOME ON ACREAGE - \$599,000

±15 Acre riverfront w/ pond, 2 /2 home, 2/1 guest cabin, patio, shop, gardens & greenhouse.



PHILLIPSVILLE – LAND/PROPERTY - \$120,000

±0.247 Acre lot available in Big Foot Subdivision in sunny Willow Creek! Has community water, sewer, and power at the property line.

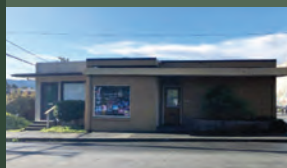


HONEYDEW – LAND/PROPERTY - \$275,000

±159 Acres located in Panther Gap area with developed water system, and existing flats.

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SALYER – LAND/PROPERTY - \$115,000

±1.45 Acre parcel w/ end of road privacy, two large buildable flats, water services in place, a 2,825 gallon water tank, power lines close by, and a small shed/cabin.



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